



# Clubhouse Europe

Changing the World of Mental Health

Winter  
Edition

2015/2016

# European Clubhouse Magazine

## UNIQUE AND TOGETHER



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### *Dear European Clubhouse Community,*

It took a long time to publish this edition of the European Clubhouse Magazine – but it was worth it!

64 pages full of news about Clubhouse Europe and the European Clubhouses, never did such a big issue (and I'm editing the magazine since 2009!).

You will find a very interesting part about the work of Clubhouse Europe, about Accreditation and of course the news from Clubhouses all over Europe.

Clubhouse De Waterheuvel, host of the 14<sup>th</sup> European Clubhouse Conference introduces itself, as well as Warsaw Fountain House and a new born Clubhouse, Arcadia Clubhouse in Seville, Spain.

If you need to take a breath: Try the picture crossword puzzle sent in by Clubhaus <pro people> in Linz, Austria.

**Deadline for the Summer edition is June 15<sup>th</sup>, 2016**

Please, send your contributions to:

[communications.clubhouseeurope@gmail.com](mailto:communications.clubhouseeurope@gmail.com)

Feel free to send in your articles at any time before. Letters to the editor are also welcome.

Have fun reading through this collection, an impressive teamwork of European Clubhouses and Clubhouse Europe ☺

With best regards

*Charly Kahl-Gortan*

(Board member Clubhouse Europe, Member of Clubhouse Europe Communication Committee)



# Clubhouse Europe News

## Unique and Together

By Charly Kahl-Gortan

Dear European Clubhouse Community,

I hope, all of you have got mail from Clubhouse Europe last October, containing materials for the campaign “UNIQUE AND TOGETHER” (if you didn’t get it, please contact Clubhouse Europe and we will send it to you).

### Why this campaign?

Europe is a continent with many different languages, cultures and also laws. That makes it more difficult for Clubhouses to communicate with each other.

In order to realize the opportunities the Clubhouse Model of Psychosocial Rehabilitation offers to its members we have to work within these three constraints:

- **The language:** most Clubhouse materials are available in English. But not all Clubhouse members and staff speak English or their knowledge of English is not sufficient enough to read these articles, speeches and other materials.
- **The culture:** the Clubhouse model has its origin in the USA, which has a different cultural background to European countries –moreover there is also a variety of cultures within Europe.
- **The laws:** although most European Clubhouses are situated in countries which belong to the EU, there is a broad band width of laws, which affects the implementation of some of the International Standards for Clubhouse Programs.

These different languages, cultures and laws are in fact a fantastic strength and opportunity for European Clubhouses! The challenge is to harness them and work together. And this is, what Clubhouse Europe aims with the campaign



“UNIQUE AND TOGETHER”: to strengthen the power European Clubhouses will have, if they work together as close as possible.

The basis for a strong Clubhouse movement in Europe is a high number of Clubhouses Accredited through Clubhouse International. All of you know, that an Accredited Clubhouse offers to its members the best possibilities for recovering and for leading meaningful lives as part of society.

Going through the Accreditation process by completing the self-study enriches every Clubhouse community and creates a special common bond between members and staff. Asking for Accreditation is not something that a Clubhouse does in favor of Clubhouse International. Accreditation is a proofed seal of quality for a Clubhouse’s work.

**“Support Accreditation!”** as part of the campaign focuses on the strength of Accredited Clubhouses and appeals to the feeling of togetherness of European Clubhouses. Accredited Clubhouses have a great deal of experience how to handle the special challenges of a Clubhouse of its country, as they have

coped with them. If you are not yet an Accredited Clubhouse: get in contact with the next Accredited Clubhouse and ask for support! And as an Accredited Clubhouse: assist Clubhouses in getting Accredited and help them to be as strong as you are!

**“Hand In Hand”** – the video project of the campaign aims to foster the exchange of members experiences with the theories of Clubhouse values e.g. “Membership” (this film already exists in English and German), “The

voluntary nature of Clubhouse work” (the call for sending in your ideas will follow in March) and others. These values are the basis of work in every Clubhouse. What do members think about in Italy, France, England, Sweden? How does this influence their lives? This is an opportunity for all members to participate in a Europe wide project. If your Clubhouse is ready to translate a video in your language (at the moment “Hand In Hand – Membership”), please contact the Clubhouse Europe Communication Committee.

Let’s move closer together, despite any diversity:

## UNIQUE AND TOGETHER!



## Join the 14th European Clubhouse Conference 23-26 October 2016 in Amsterdam!

Full  
conference  
available  
from € 545!

The **14<sup>th</sup> Clubhouse European Conference** will be held **October 23-26, 2016** at the Holiday Inn Amsterdam, The Netherlands. Clubhouse Europe is partnering with De Waterheuvel to organize this conference to meet, learn and inspire each other in one of the most vibrant cities of the world.

The conference will highlight the positioning of the Clubhouse model in Europe and the relationship with other clubhouses. Clubhouse Europe is organizing its general meeting on Monday, where the new board will be elected.







The conference includes conference registration and materials, a welcome reception, 3 night lodging at the Holliday Inn, 3 breakfasts (with special breakfast program), 2 lunches and the Gala Banquet.

The social event will be held on Monday 24<sup>th</sup>, we will be organizing an amazing cruise through Amsterdam's famous canals. An unmissable experience! Mark your calendars and begin preparations to attend the 14<sup>th</sup> European Clubhouse Conference.

The conference will be held at the Holiday Inn located in the south of Amsterdam. Just two train stops from Schiphol Airport and a 15-minute tram ride to Dam Square, the city Centre. Holiday Inn provides comfortable accommodation with Wi-Fi included. With RAI metro station and Amsterdam Zuid train station only steps away, the 264-room hotel makes it easy to get around the city. Across the street you find the Amstelpark, where you can walk around in nature.



If you want to spend the weekend in Amsterdam prior to the conference, the Holiday Inn offers you the rooms Friday 21<sup>st</sup> and Saturday 22<sup>nd</sup> for the reduced conference price! (based on availability)

## 2 steps to registration:

### Important dates to remember

**February 15<sup>th</sup>** Registration already started

**September 15<sup>th</sup>** Full payment for registration and final names of all participants due

### **1. Registration conference**

Use the "Registration form" to sign up your participants. If you don't yet know the names of actual participants, just let us know the amount of participants. To complete your registration fill out the form and return it with a €75 non-refundable deposit for each conference participant.

### **2. Registration hotel**

Use the booking link below to book your hotel room(s) from October 21<sup>st</sup>/22<sup>nd</sup>/23<sup>rd</sup> till October 26<sup>th</sup>, make sure you use group code KB0 (zero).

Booking link:

<http://www.holidayinn.com/redirect?path=hd&brandCode=hi&localeCode=en&regionCode=1&hotelCode=AMSNT&PMID=99801505&GPC=KB0>

### Full Conference package

Double room: € 545 per person  
(2 people in 1 room)

Single room: € 742 per person

Single King  
executive room: € 838 per person

*(City tax included, based on availability)*

The conference includes conference registration and materials, a welcome reception, 3 night lodging at the Holliday Inn, 3 breakfasts (with special breakfast program), 2 lunches and the Gala Banquet.



### Daily participants

Full conference € 300 per person

1 conference day € 125 per person

This includes seminar registration and materials, the welcome reception, 2 lunches and the Gala Banquet.



### Social event

Monday evening October 24<sup>th</sup>

Canal cruise + dinner

€ 60,00



**All information about the conference and the registration form are available from**

**March 15th, 2016 at**

<http://clubhouse-europe.org/>

Hosted by Clubhouse De Waterheuvel



Co-hosted by Clubhouse Wingerdweg



# PARTNERSHIP FOR QUALITY DEVELOPMENT OF THE PSYCHOSOCIAL REHABILITATION

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## CLUBHOUSE ACTIVITIES IN EUROPE

*By Esko Hänninen, Chair Clubhouse Europe Funding, Research and Advocacy Committee*

### *Purpose and goal of the draft project*

By using the innovative tools of Adult Education the goal of partnership project is to strengthen the social inclusion and wellbeing of people with mental health problems by supporting the quality development of the European psychosocial rehabilitation Clubhouses in the context of cross sectorial Mental Health Policy. - This kind of comprehensive approach has been recommended by international organizations such as United Nations, WHO, and the Council of Europe, European Office of the WHO and the EU.

aim is to develop a special learning program for peer support persons as “experts of experience”;

To enhance the employability of Clubhouse members, a template for in-house and external training programs for skills in the fields of digitalization and ICT cloud technology will be produced and piloted;

Also the strengthening of Clubhouse dimension for employment needs further development; e.g. by increasing the understanding of the interests of the enterprises and employers it is possible to promote the labour market integration of the Clubhouse members;

### *Specific objectives for quality development of key activities in European Clubhouses*

In collaboration with Adult Education Institutes the aim is to develop further the Clubhouse dimension of education, learning and vocational training, as well as, the documentation and validation practices of the Clubhouse members’ non-formal learning outcomes and new skills based on the participation in the activities of a Clubhouse community;

By strengthening the role of Clubhouse members with mental health problems, the

### *Structure of the Project*

The structure of the project draft is based on the workpackages, e.g. the following ones:

- Coordination and management
- Innovative actions built upon above specific objectives
- Promoting the use of quality development tools in the European Clubhouses
- Dissemination of the sustainable high quality Clubhouses in Europe



### *Budget Frame*

EU funding is maximum 80 % of total costs of all partners, own part-funding must be 20 %, and length of acceptable projects is between 12 and 36 months.

Maximum EU funding per annum is EUR 150 000 plus own funding EUR 35 000; Maximum EU funding for 36 months (3 years) is EUR 450 000 plus own funding EUR 105 000. Partners' own funding is divided between all Partners depending on the size of their task loads.

### *Timetable*

Deadline for project proposal is **March 31<sup>st</sup>, 2016;**

If accepted for funding, project starts in **November 2016** and continues max 36 months until **October 2019**.

### *How Clubhouses can participate?*

Board of Clubhouse Europe accepted in its meeting on 15th January the idea for starting the planning of the project proposal aimed at ERASMUS+ program as described above.

This new project idea should be discussed also in the meeting of Clubhouse Europe Training, Accreditation and Dissemination Committee, most probably organized during 2nd week in February. Because this new project idea is connected with the Clubhouse International's operation for increasing the amount of accredited Clubhouses in Europe, we have to avoid overlapping activities. That's why these two operations have to be coordinated with each other so, that this ERASMUS+ project proposal could support the Clubhouse International's accreditation operation.

All European Clubhouses and Clubhouse Coalitions, operating in the EU countries or in the European Economic Area (EEA) countries like Norway and Iceland, will get a letter from the Chair of the Clubhouse Europe by the end of February 2016. Clubhouses and Coalitions should make the decision on their willingness to participate in this new international ERASMUS+ project.

Additional information from the Erasmus+ 2016 guidebook, available in 15 EU languages online:

[http://ec.europa.eu/programmes/erasmus-plus/discover/guide/index\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/discover/guide/index_en.htm)

# REPORT OF ADVOCACY, FUNDING AND RESEARCH COMMITTEE

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*By Esko Hänninen*

## *Clubhouse Europe represented in Conferences in 2015:*

**March 12-13, Bilbao, Basque Country Spain:** Mental Health Policy reform project meeting where Esko Hänninen was taking part and promoted the Clubhouse model due to be included in the new Mental Health Policy Action Plan.

**April 28-30, Lille France,** MH Conference of the World federation for Mental Health (WFMH), where a workshop on psychosocial rehabilitation was organized; Clubhouse model was presented by Mark Lanier (chair of Clubhouse International), Wander Reitsma (chair of Clubhouse Europe) and Esko Hänninen; workshop was organized in collaboration with WAPR, World Association for Psychosocial Rehabilitation.

**May 15-16, Torino Italy,** European Conference of WAPR where a symposium on Psychosocial innovations was organized; Clubhouse model was presented by Esko Hänninen, Francesco Baglioni (director of Club Itaca, Milano), Henrik Wahlberg; President of WAPR Dr Afzal Javed presented the collaboration memorandum between WAPR and Clubhouse International & Clubhouse Europe.

**October 21-23, Riga Latvia,** 4. European Conference on Mental Health (ECMH) where a work-shop was approved into the program organized by Finnish Clubhouse Coalition; presentations on Clubhouse development in Finland by Päivi Lepistö (project manager of the Finnish Clubhouse Coalition), Esko Hänninen on the general development and dissemination of the Clubhouse model in Europe, and three excellent Clubhouse members' testimonies about their personal experiences in taking part in the Clubhouse activities as compared with their earlier treatments.

**December 9-11, Brussels Belgium,** Mental Health Europe's (MHE) Capacity-Building Event on the UN Convention for Rights of Persons with Disabilities, and how it should be applied in the field of Mental Health; A first time ever workshop on Clubhouse model in MHE events was proposed by Emily Adamberry Olivero (director of Gibraltar Clubhouse) and that was approved: On 11<sup>th</sup> December we had possibility to present our WS presentations twice, first before lunch, and second time after lunch during afternoon sessions. The WS consisted of presentations by Emily, Wander Reitsma (Clubhouse Europe), Anita Brix (Clubhouse International European desk officer) and Esko Hänninen.

(see Esko Hänninen's workshop presentation at this Event on page 11)

## *Clubhouse Europe asking for Membership*

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During the Mental Health Europe event in December in Brussels was discussed on the possibility that Clubhouse Europe could apply membership as an Association in the MHE. Clubhouse Europe will apply the membership in the MHE, because that would increase the visibility and awareness-raising on the Clubhouse model everywhere in Europe. It also will apply for membership in the Association for the Education of Adults.

## *Research Evidence of Clubhouse Model for Recovery of Members, Cost-Effectiveness and Social Inclusion*

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*By Esko Hänninen (workshop presentation at the Mental Health Europe (MHE) Capacity Building Event in Brussels December 9<sup>th</sup>-11<sup>th</sup> 2015)*

This section has been written by Colleen McKay (2012), manager of the International Clubhouse Research Program and Esko Hänninen, the author of the Choices for Recovery report. They concentrate on the description of scientific findings of international research as one task of the EMPAD project, funded by European Union in 2009-2012. In addition, the main results of a set of European research are described.

Clubhouses are originated as Fountain House model because first Fountain House Clubhouse was opened in New York City in 1948 that was the place where the Clubhouse model developed until 1970s when the dissemination of the model started first in USA and later in Europe and other parts of world. In many countries Clubhouses are still today called Fountain Houses.

There are around 320 Clubhouses located in 34 countries and thirty-six US states that network through the Clubhouse International (formerly the International Center for Clubhouse Development, ICCD). This non-profit organization supports the development of new and existing Clubhouses; maintains a

set of International Clubhouse Standards; coordinates Clubhouse training and technical assistance; and manages the quality accreditation/certification processes. In the following section some of the recent published research outcomes about Clubhouses are described.

### *Recent research outcomes*

The psychosocial rehabilitation Clubhouses promote recovery: A recent study found that Clubhouse members were more likely to report being in recovery and having a higher quality of life compared with a group of participants from consumer run drop in centers (Mowbray, Woodward, Holter, et al, 2009). Clubhouse members indicate the

Clubhouse provides valuable opportunities to pursue meaningful activities that help them address their mental health recovery at their own pace (Stoffel, 2008).

Clubhouses reduce hospital stays:

Membership in a Clubhouse program resulted in a significant decrease in the number of hospitalizations (Di Masso, Avi-Itzhak, & Obler, 2001). This finding has been confirmed in several other studies as described later in this article.

Clubhouses help members obtain community based employment: Researchers conducted a randomized controlled trial comparing an assertive community treatment (ACT) program with a quality certified Clubhouse in the delivery of supported employment services. Outcomes for participants in both programs met or exceeded most published outcomes for specialized supported employment teams. Compared with ACT participants, Clubhouse participants worked significantly longer (median of 199 days vs. 98 days) for more total hours (median of 494 hours vs. 234 hours) and earned more (median of \$3,456 vs. \$1,252 total earnings) (Macias, Rodican, Hargreaves, et al, 2006).

Using a longitudinal dataset which followed 2,195 individuals employed in 3,379 separate job placements over a four-year period, researchers explored movement between Transitional, Supported, and Independent Employment (TE, SE, and IE) offered by Clubhouses. 64 percent of employed members held only one job while and 36% held multiple jobs during the study. 46 percent of individuals holding multiple jobs moved between the employment types (TE, SE, and IE). When movement occurred, Clubhouse members were significantly more likely to move from employment types offering more supports to those that offer less supports (McKay, Johnsen, Banks, et al, 2006).

Clubhouses are cost-effective: The cost of Clubhouses is estimated to be one-third of the cost of the IPS model; about half the annual costs of Community Mental Health Centers; and substantially less than the ACT model (McKay, Yates & Johnsen, 2007).

Clubhouses improve well-being and physical and mental health: One study suggests that service systems should prioritize services that offer ongoing social supports like Clubhouses, as they enhance mental and physical health by reducing disconnectedness (Leff, McPartland, Banks, et al, 2004). Researchers examining the increased morbidity and mortality from physical health conditions of people diagnosed with a mental illness conducted a survey of members of a rural Clubhouse in Virginia and found that involvement with a Clubhouse program or other supportive psychosocial program may promote regular physical health screenings (Tratnack & Kane, 2010).

Clubhouses improve quality of life:

Researchers in China examined the effects of the Clubhouse model on various psychosocial issues for people diagnosed with schizophrenia living in the community. Clubhouse participants showed significant improvements in their symptoms, self-esteem, and quality of life after attending the Clubhouse for six months. The Clubhouse participants also had improved employment rates (Tsang, Ng, & Yip, 2010).

Pernice-Duca and colleagues examined factors that influence staff perceptions of a Clubhouse's organizational environment and found that staff in high fidelity Clubhouses endorsed the presence of more empowering elements of the Clubhouse as compared to low fidelity Clubhouses. These empowering elements included more positive recovery attitudes to recovery and the importance of finding paid work for members (Pernice-Duca, Saxe, & Johnson, 2009).

In a USA National Institute for Mental Health (NIMH) funded study examining over 1,800 participants in 31 geographically matched pairs of Clubhouses and consumer run drop-in centers researchers controlled for differences in demographics, psychiatric history, and receipt of mental health services and found that Clubhouse members reported having a higher quality of life and were more likely to be in recovery (Mowbray, Woodward, Holter, et al, 2009).

### *Research findings in Denmark*

In 2011 three studies on Clubhouses were published in Denmark. At its start in 2010, the most extensive study covered seven Danish Clubhouses, and three additional Clubhouses were opened during its course (Hoejmark, Rosendal Jensen & Langager, 2011). The second study covered three Clubhouse settings in Denmark (Hoejmark, 2011), and the third one evaluated the Clubhouse in Vejle municipality (Konsulentfirmaet KX, 2011). Findings of the second study are integrated in the report of the first one.

Natural expectations – Fountain Houses as a psychosocial model of rehabilitation (Hoejmark et al, 2011: 153-158), the largest of the three studies mentioned above, aimed to investigate “the outcome”: Is it possible to identify whether participation in a Clubhouse has a positive impact on mentally ill people and other people characterized by serious psychosocial difficulties? Research methods were based on anthropological studies of the practices of everyday life and searching for the meanings of expressions collected by qualitative interviews from members of Clubhouses and leaders and members of staff. The main conclusion of the results regarding the psychosocial model of rehabilitation of the Clubhouse is that it is remarkable and significant for the majority of the members as a “good practice” by virtue of its approach to the socio-psychiatric paradigm. The Clubhouse

model implicitly draws on well-known assumptions of good practice from education: The most effective way of contributing to other peoples’ personal development and learning is not situated in direct relational meetings; it is in the preparing and organizing the conditions (support structures and frameworks) within which long-term processes of personal change, learning and development become possible.

In addition, the report on Natural expectations concludes that in the working organization of a Clubhouse the focus is on the strengths, resources and skills of the members to take part in and contribute to the functions of the house. In the practice of Clubhouses stability provides continuity, and continuity means a possibility of change for members in their personal recovery by creating a structured daily activity, learning new working and communication skills, and building social relationships. In Clubhouse activities members can use their working capacity and learn new capabilities as well as experience being expected, wanted and necessary. Individual rehabilitation seems to take place while the members are busy managing the Clubhouse in cooperation with their colleagues and staff of the house. Given the increasing need for psychiatric treatment, the Clubhouse model is recommended for wider use in Denmark.

The study report on the Fontaenehuset Vejle (Konsulentfirmaet KX, 2011) consists of an evaluation during period 2007 – 2010 and future perspectives for years 2011 – 2013. The report confirms that also in Denmark the members’ participation in the Clubhouse activities decreases the use of psychiatric inpatient care services and other social and health services. The study found that Clubhouse participation had positive impacts both on members’ individual recovery and on the development of their working skills and social competence. Based on these findings, the future perspectives were defined and “the



growth plan” for years 2011 – 2013 prepared, according to which the Clubhouse Vejle plans to boost its capacity from 60 places to 100 places, and its budget will grow respectively by about 50 per cent. Taking into account the evidence on cost-effectiveness, it has been proposed that the funding of “the growth plan” should come from the savings made in the costs of other services. This means that the realization of “the growth plan” is for the Vejle municipality a profitable investment with positive societal, human and economic returns.

### *Additional results from Finland*

In Finland the network of Clubhouses has grown fastest in Europe since 1995. At the end of 2015 Finland has a network of 25 Clubhouses giving support for recovery and social inclusion to about 6,000 Clubhouse members; of them around 45-50 % are active members participating in Clubhouse activities at least once a week. The total population in Finland is 5,5 million. The funding authorities have commissioned in Finland already four evaluation studies concerning the Clubhouse model, published in years 2000, 2004, 2006 and 2009. In addition, at least 12 other studies on Clubhouses have been carried out and published as graduate-level theses in Finnish universities after 1998. The latest multi-method Finnish study (Hietala-Paalasmaa et al. 2009) was based on data collected during years 2004 – 2006 from 18 Clubhouses and about 190 newly-joined members, from long-term members and funding municipalities. According to the researchers the latest data shows quite consistently – irrespective of the source – that:

Clubhouses for mental health rehabilitees play a crucial, cost-effective and complementary role in the mental health service system in Finland. The results on cost-effectiveness of the Finnish Clubhouses are similar with the studies in the USA and Denmark.

There is evidence that regular participation of the newly joint members in Clubhouse activities decreased their use of psychiatric inpatient services (both the number of inpatient days and the costs of hospitalization decreased about 75 % as compared to the period before Clubhouse membership), and also that Clubhouse participation improves the general well-being of Clubhouse members in Finland (evidence is similar with previous studies).

The Finnish findings (Hietala-Paalasmaa et al. 2009) indicate that the key strengths of the Clubhouse activities are the sense of belonging and sense of community they provide. At its best, the Clubhouse enables members to share their experiences of living with a mental disorder and break out of the circle of helplessness and victimization. Despite the fact that the illness may become chronic, the Clubhouse community provides a place where members can feel valued and productive, a place where they can be themselves. Members also have access to help and support for the daily life whenever they need it. Especially for those members with long-term illness, the combination of improved self-esteem and social support was found to be the most important benefit of the Clubhouse.

According to the mentioned Finnish study, in terms of the established norms and framework, what separates the Clubhouse model from other rehabilitation services and community-based rehabilitation models is the distinctiveness of the sense of community.

Three other Finnish Clubhouse-related studies and evaluations are summarized below:

Here you work for yourself – Clubhouses and member houses as new alternatives in rehabilitation and employment (Hietala, Valjakka & Martikka, 2000). Then the first six Clubhouses and 14 so-called “member

houses” of people with mental health problems were included in this study. A total of 2,200-2,400 persons per year participated in the activities of the member houses; the six Clubhouses had about 600 participants per year in total. The average number of daily participants in both types of houses was 20 persons (the data was collected in 1998-2000). The study was conducted during the inception phase of Clubhouses in Finland, which means that not all aspects of the International Clubhouse Standards were yet in the focus of the activities of the Finnish Clubhouses. According to the study report experiences from transitional employment program have been positive. However, some problems (e.g. benefit trap) have occurred in the implementation due to national legislation and the social security system. The most important immediate impact of transitional employment was an improvement of the members’ quality of life. The first Finnish Clubhouses were also successful in creating pathways towards work and education. In addition, many Clubhouse ideals such as equality, empowerment and meaningful activity were realized in the first Finnish Clubhouses.

The second evaluation report Transitional Employment (TE) of the Finnish Clubhouses (Saloviita & Pirttimaa, 2004) was published four years later. In autumn 2003 when the study commenced there was a network of 17 Clubhouses in Finland, out of which five were certified by then ICCD international quality assurance procedure. The researchers identified that Transitional Employment is closely related to the Supported Employment methodology. The study included 150 persons who had taken part in a Transitional Employment period outside the Clubhouse community, i.e. in open labour market. The participants’ main expectations from the TE period were the opportunity to test one’s own working ability (39%), earning additional

money (37%), return to working life (21%), and the experience of rehabilitation (18%). In some cases the Transitional Employment experiences were frustrating. As conclusions, the researchers noted that Transitional Employment seems to promote a person’s rehabilitation and recovery well. Members’ answers reflected better physical and mental well-being as well as an increased motivation to return to the labour market or to continue their interrupted studies in an educational institute. Based on a quite short experience in organizing Clubhouse operational services in Finland, the Finnish scale of Transitional Employment was still quite modest during the study period which indicated a need for further studies in the future.

The third Finnish evaluation study produced the report Work, support and mental health - Employment models for persons with mental health problems (Valkonen, Peltola & Härkäpää, 2006). The study compared three employment models for people with mental health problems – Transitional Employment (Clubhouses), Job Coach Services (Supported Employment), and Sheltered Employment. For persons with mental health problems, work means an opportunity for a meaningful life and social interaction, improvement in one’s financial situation, and strengthening of self-esteem. In the three employment models job satisfaction and coping with work were connected to individual and social factors as well as relevant accommodations at the working place. Work plays an important role in advancing and improving one’s mental health and well-being, i.e. the recovery process.

A summary of two graduate-level study reports is presented below (in addition, several similar Master’s theses have been produced with the same types of findings):

The Fountain House and Its Support to Members to the Next Level (Säkkinen, 2005):

The research task was to study how the Kuopio Clubhouse supports its members in their transition to the “next level” in life, for example, to school, work, or in some cases home. The material was collected by interviews and the data were analyzed by qualitative content analysis. The results confirmed that the Kuopio Clubhouse supports its members by giving them social support, helping them to learn new skills, and encouraging them to look ahead to the future. The results showed that the Kuopio Clubhouse is necessary for the rehabilitation of its members and it improves their functional ability. It also helped the members get their voices heard.

Participation in Clubhouse Activities at Keski-Uudenmaan Klubitälo and its Influence on the Individuals’ Psychosocial Functioning Ability (Vuorinen, 2008). The results indicate that the rehabilitants’ self-image had improved when they had started taking part in the Clubhouse programs. Furthermore, the members felt that it was easier for them to cope with their everyday life now than before. Their experienced social skills had improved and they had a much more positive outlook for the future than before the Clubhouse experience. Participating in different activities at the Clubhouse had improved their quality of life.

The results showed that those recovering from mental health problems were less depressed and more stress-tolerant than before. Furthermore, there was less need for hospitalizations. Taking part in the Clubhouse activities had made it easier for the rehabilitants to return to their studies and working life.

### *Some critical points of view*

Clubhouses are not “a patent solution” to all difficulties people with mental health problems encounter during their lifetime. A well-known fact is that not all members of any Clubhouse are active members. This is

connected to the general consensus that there are no “one size fits all” solutions (Munday, 2007). Clubhouses for mental health rehabilitees play a crucial, cost-effective and complementary role in the mental health service system in Finland, but Clubhouse support is not satisfying the needs of all people with mental disorders (Hietala-Paalasmaa et al. 2009: 141-143).

A recent study on the non-active members of a Clubhouse in Finland (Näätä & Rantanen, 2009) found that most of them had found other activities and other ways to increase the content of their lives outside the Clubhouse. A lowered ability to function and insufficient resources to participate had certain effect on some members to become non-active. Some members were not satisfied with the amount and quality of the work tasks in the Clubhouse. Some members thought that the work tasks in the Clubhouse were not useful outside the Clubhouse community; some felt that their area of expertise, resources and overall ability to function were not taken into consideration enough. The numbers of new friends and relationships as well as the amount of peer support were seen as quite limited. Also the available support, help and guidance were found to be inadequate in some Clubhouses. – These experiences are connected to the shortage of staff and other resources that have been reported in the annual plans and budgets of many Clubhouses. In case of shortage of resources these Clubhouses are not able to offer all activities to their members that are expected in the International Clubhouse Standards. The only response to this kind of problems is the increase of staffing and developing general know-how on Clubhouse principles and practices by training.

In one study three different groups of members of the Clubhouses were identified: first, members like “boats without steering” who need more motivation and attention in

the Clubhouse; second, members who are active inside the Clubhouse; and third, those who experience Clubhouse as “a trampoline” towards social inclusion and labour market integration (Salenius, 2009).

The recent multi-method study in Finland (Hietala-Paalasmaa et al, 2009: 97-121) used three types of orientations to examine new members’ experiences of Clubhouse activities and the meanings they assigned to the activities. This was put in relation to the members’ life situations, expectations and conceptions of the effect of their mental illness on their prospects.

According to the study (ibid, 2009: 97-98), an even orientation was defined by a need to compensate for disabling and stigmatizing effects of mental illnesses. The life situations of members who used an even orientation to interpret the Clubhouse activities were influenced by factors such as long-term illnesses, social exclusion, weak employment situations and social welfare-based livelihood. Some members had longer work experience and were also relatively well educated, but they still felt that problems related to paid work had had a detrimental impact on their mental health. The key elements of Clubhouse activities included: a community that is understanding and tolerant about symptoms and other hardships; a respectful and encouraging staff; and support for self-care and participation based on individual interests and capacities. These elements were considered as important in terms of maintaining mental health and stability and improving self-esteem.

In an enhancing orientation the emphasis was on the significance of the Clubhouse community as an enhancer of self-esteem and facilitator of social learning. At the same time, however, interviewees also reported that the Clubhouse encouraged and supported their individual talents and interests. The members

appreciated the freedom of choice in terms of Clubhouse tasks, as well as the possibility to take responsibility for themselves and the whole community. The perceived advantage of the Clubhouse activities was that they include an approving, stigma-reducing, peer-based approach combined with a democratic community that respects, encourages and emphasizes individual autonomy. The key in terms of social learning and rehabilitation was the possibility to engage in very varied tasks in the Clubhouse and participate in planning and decision-making. This gradually aroused discussion and hopes of finding employment or education outside the Clubhouse community.

A weakening orientation entailed a different approach to describing members’ experiences of Club-house activities and the challenges concerning Clubhouse development. Those who had a weakening orientation were older members, most of them with fairly unbroken educational and work histories. Their sources of income ranged from sickness allowance and rehabilitation benefits to pensions. At the time of the initial interview their expectations reflected the basic elements of an even and enhancing orientation. The follow-up interviews highlighted individual-level interests related to work, education and outside social contacts as well as changes that had already taken place in these areas. Some members also reported believing they had a higher social status and a more severe illness than other members.

In terms of Clubhouse development, the most challenging orientation was that dimension of weakening orientation which emphasized, on one hand, the burden brought on by mental illness and, on the other hand, self-dissatisfaction and irritation. For interviewees with this orientation, the effect of the Clubhouse on improving social functioning remained insignificant after the initial stage.

### *Positive outcomes exceed the criticism*

Based on the growing body of evidence on the positive outcomes and impacts, the Clubhouse model was approved in Finland in 2009 as a part of National Mental Health Services Development. First time the Finnish Ministry included in 2001 the Clubhouse model in the national quality development program for local mental health services. According to the latest program, the Clubhouse model should be taken into use in all Finnish mental health service districts (Ministry of Social Affairs and Health, 2001 & 2009). This means that the Clubhouses may double in amount by the year 2025, as compared to situation in 2015.

De facto the Clubhouse model is part of mental health development programs in major part of States of the USA, in the Canadian territories, in some regions of Australia and Japan, and most recently in South-Korea and in People's Republic of China.

Also in Sweden, Denmark, Norway, Iceland, Ireland and Scotland, as well as in Bavaria (Germany), the Clubhouse model has been accepted as a part of the community-based mental health services.

In addition, SAMHSA (USA Substance Abuse and Mental Health Services Administration) has approved the Clubhouse model as evidence based good practice (<http://www.nrepp.samhsa.gov/>). Also in Finland the Clubhouse model has been approved by the Ministry of Social Affairs and Health and THL (National Institute for Health and Welfare) as a good practice based on several evaluation studies.

### *Summarizing remarks*

Community-based rehabilitation (CBR) binds together all the subsections of this chapter. The goal of CBR implicates that people with mental health problems receive support to enable their inclusion and participation in all

aspects of life and activities in the community they are living (WHO 2010). The role of a CBR program, like the Clubhouse rehabilitation model, is to promote and protect their rights, support their recovery and facilitate their participation and social inclusion. According to the WHO's European office (WHO-Europe 2010) the concept of empowerment means that people start to make their own decisions and choices and take the responsibility for changing their lives and improving their living communities. The Clubhouse model offers a suitable framework for these empowering activities.

If properly organized based on international quality standards the Fountain House Clubhouse model provides benefits and positive impacts to the Clubhouse members, their families and nearest ones, policy-makers and to funding agencies. These stakeholders will get either societal, health related or economic benefits. Available evidence supports the fact that Clubhouses provide communities around the world with a cost-effective solution for dealing with the devastating impact which mental health problems have on society, and for helping people who live with a mental disorder achieve their full potential in their communities.

To summarize, Fountain House Clubhouses achieve the following tangible results for members and their communities (McKay 2012; Hietala-Paalasmaa et al, 2009; Nääppä & Rantanen 2009); Participation in the Clubhouse activities:

- Promotes members' recovery;
- Reduces the need and costs of inpatient and outpatient social and health services;
- Helps members obtain community-based employment;
- Provides cost-effectiveness by better return on investments than inpatient centered practices;



- Improves well-being and physical and mental health and the quality of life;

However, Clubhouse activities do not satisfy the needs of all, for them other choices should be available in the community.

## *My Clubhouse Europe Role*

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*Tracy Uren, Vice-Chair, Chair of the Communication Committee*



I believe firmly in the Clubhouse model. Fountain House has changed me as a person. It has brought real meaning into my life and genuine friendships. I am fairly introverted as a person but when I believe passionately about something I want to share it. That is one reason why I applied to the board in 2012. I want to reach out to other clubhouses and help them to become a strong successful clubhouse.

I am a member of Fountain House Stockholm which is a very strong accredited Clubhouse and was founded 35 years ago.

I want to share what I have learnt from my clubhouse and from the training I have had with other clubhouses and my experiences with other members.

I had never been on a board before and find it interesting to learn all the formalities and procedures. I wanted to learn how it was in other European countries with funding, laws, benefits systems etc. The difficulties other countries have in opening a clubhouse. How easy/ difficult it is for people living with mental illness to be members of a clubhouse.

I want to inspire more members to become involved on a European level.

Clubhouse Europe to me is working continuously in encouraging European organizations that work in a similar to Fountain House to try the Fountain House model. To encourage Clubhouses to become accredited so we keep a high standard. There is a need for more clubhouses. 1 in 4 suffers from mental illness. To be seen at seminars regarding mental health to advertise Clubhouse Europe and Fountain House.

I am new in my role as vice chairperson and still learning. I have travelled to both Poland and Kazakhstan. Where I have talked about the Clubhouse model and the importance of accreditation and what it means and the benefits of being part of Clubhouse Europe. One of those reasons is that it is easier to get European funding if you can prove you work on a European level. I believe if more Clubhouses were to join Clubhouse Europe there would be strength in numbers and we would receive more recognition which could lead to better opportunities for individual clubhouses to receive funding. The board of Clubhouse Europe has the expertise.



## *Clubhouse International News*

### *Clubhouse International's European Program Officer*

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*By Anita Brix Lambaek*

Hello Dear Reader of this great European Clubhouse Magazine,

my name is Anita Brix Lambaek, and I am the new staff at Clubhouse International. My position is called European Program Officer, and some of my main job priorities are:

- To work with Clubhouse International Accreditation and support the European Clubhouses in the accreditation process towards the 2017 goal for accreditation.
- Support New Clubhouse Development and training sessions for working NCD-groups and
- present and exhibit the Clubhouse model at assigned Clubhouse and mental health forums.



*Anita Brix Lambaek at the Clubhouse Europe stand at the Clubhouse International World Seminar, Denver*

I feel very excited with my new position, and the fact that I will get to know and so many members, staff and directors all over Europe. I look forward to meet you all, and please write me if you have any questions for me, or issues you will like to discuss or interesting things about your Clubhouse that you want to tell me about.

Before October 1th, when I started in my new position, I was director in a Clubhouse in Denmark, called Fontaenehuset Frederikshavn. It is a small Clubhouse with the average of 20 members a day and 4 staff, including me. It was a wonderful Clubhouse with great staff and members, build in 1890 and located central in the city. We opened in

2010 and I was there from the very beginning. The Clubhouse got its first accreditation, three years, this summer. It was an interesting and educational process for the whole Clubhouse community, we got to know our Clubhouse better than we did before, and we shared a lot of ideas and visions for the Clubhouse during our work with the self-study. We had some learningful days together with our faculty team, Nonni and Louise. They were a supportive team and gave us great ideas to work further with. This was a fine way to end my time in the Clubhouse.

My first meeting with Clubhouse International was a few month after I started working in a Clubhouse in 2007. I was staff in Kildehuset, Fountain House - an accredited Clubhouse in Aalborg, Denmark. My job was to be in the clerical unit and work with a wellness-project in the Clubhouse. After a short time in the Clubhouse, I was asked to participate at the European Seminar in Glasgow together with a member and the director. Wow, this trip was a life-changing experience. This was the first time I saw the meaningful work of Clubhouse International and how many people with mental illness who benefits from a membership in a Clubhouse -and this was only Europe...! - I could not even imagine who huge a Clubhouse International World Seminar would be. I got the chance to see this three years later in Stockholm. I remember the Seminar in Stockholm as it was just yesterday, maybe some of you do so as well? Do you remember, or have heard about the parade where all of us (clubhouse people from the seminar) together with thousands of

people from Sweden, was walking through the streets of Stockholm to break down stigma about mental illness. This was indeed a memorable experience that I wish for all people who is in contact with the Clubhouse community to experience. And this was one of the first times I thought of how great it would be, not only to work in a clubhouse, but to work for the Clubhouse Community, at that time called ICCD, now Clubhouse International.

I have been working with the Clubhouse model since 2007. And as I mentioned, my first job in the 'Clubhouse World' was as staff in Kildehuset in Aalborg 2007–2010.

In my summer vacation 2010 I was asked to be a part of a project in a municipality close to my hometown, where a group of local politicians and officials together with the Danish coalition for Clubhouses wanted to open a new Clubhouse. I got in, said good-bye to Kildehuset, and we opened Fontaenehuset Frederikshavn in November 2010, and after two years I was asked to be Director. The Clubhouse have just been accredited a few month ago, and this was a process that made the Clubhouse even stronger, because this gave us time to look at us selves, and discuss all aspects of the Clubhouse community. We got three years accreditation.

Thank you for taking your time to read my short introduction, I hope that I'll get to see you in your Clubhouse or maybe at a Seminar.



## *Accreditation*

### *Recently Accredited Clubhouses:*

Fontänhuset Nyköping, Sweden  
 Klubbhuset Pelaren, Finland

Fontänhus Motala, Sweden

***Congratulations!!!!***

# *TRANSFORMING LIVES, TRANSFORMING CLUBHOUSES:*

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## *The Power Of Accreditation!*

*By Robby Vorspan, Clubhouse International*

### **Accreditation is Your Friend!**

Clubhouses have been around for a long time. Fountain House, the first Clubhouse, started all the way back in 1948. But somehow – in spite of all of those years - we continue to be startling. New. Radical. Cutting edge. An innovation in the world of mental health.

Even after all these years, the Clubhouse understanding of people living with mental illness is unique, and remains way outside of the 'box' of mental health treatment programs. Our simple, but radically profound understanding is that– despite having a devastating and life-changing illness – people with mental illness are still, first and foremost, whole people with talents, passions, hopes, families, friends and futures that are very much worth pursuing.

This may sound humdrum and obvious to most of us here; and we can easily begin to take it for granted. Living in our Clubhouse

communities, we can lose sight of the fact that the vast majority of people living with mental illness around the world are not greeted every day by a community that believes in them and is glad to see them. They are not greeted with a sense of high expectation about their potential to succeed and to have full and satisfying lives. Instead, those who are fortunate enough to have access to any mental health treatment programs, are most often greeted by a team of clinicians whose primary purpose is to identify and assess their disabilities and their pathologies.

Clubhouses are, unfortunately, still a small minority among all of the many, many mental health programs that exist in the world.

But although we are very small, we have a clear, true, precious and potent message that actually has the power to change the world for people who are living with mental illness. In order to do that, though, each of our individual Clubhouses have to be strong, true,

powerful Clubhouse communities. Only when each of our Clubhouses truly and loudly proclaims our core values – as they are so clearly laid out in our Standards – will the international Clubhouse message of dignity, hope, and high expectation be heard by the rest of the world.

Clubhouse International Accreditation is our best hope of making this happen.

Accreditation is ***the most powerful and effective way*** for Clubhouses to help each other grow, evolve, develop and share our best ideas about how we can help provide the opportunities that will make members lives better and better and better.

Clubhouse International Accreditation is essential if we are going to do what we need to do, and what we truly believe we can do. And that is to remold the world in a way that creates opportunities for people with mental illness to belong - as contributing members of their families, their work places, and their communities.

Accreditation is essential because it is the way we keep pushing ourselves to do more, better, faster. Having a team of Clubhouse peers coming into our Clubhouses and sharing ideas, celebrating our great successes, helping us see where we can get stronger – is the most powerful way that each of our Clubhouses can push itself to give its members the opportunities that they need and deserve.

And there is another reason that Accreditation is essential.

Our united Clubhouse International VOICE is only as strong and clear and vital as each of its individual member voices is. Our new Clubhouse International policy is that all Clubhouses that are members of Clubhouse International have to be Accredited, or working towards becoming Accredited. And there is a very good reason for this. It is

because we need to know that our international voice is comprised of real, Standards-infused, vibrant Clubhouse communities. Our international community has a louder, clearer, truer voice when we are composed entirely of Clubhouses that have committed themselves to a process that ensures that they are really holding fast to the values and ideals of our Standards.

If we want to be a chorus of voices that will be world renowned; recognized by those in power; listened to with eager interest – a chorus that has the capacity to change the world – then each of our individual Clubhouse voices has to be trained, tuned, strong, and singing the same song.

Clubhouse International Accreditation is how we can sing strong, together, and know that we will be heard.

Some of you in the audience are thinking: We know, we know. But we would never get Accredited; we don't follow all of the Standards; we are afraid of being 'inspected.'

So: You need to know that our Accreditation process is FRIENDLY!

Our process continues to evolve and develop, and respond to the needs and feedback of Clubhouses. While we are passionate about ensuring that all of our member Clubhouses carry the tune of the core ideals of the Standards, we are also passionate about being accessible to any Clubhouse, anywhere, that is committed to the values of our Standards, and our collegial way of working. And – we understand that even though a strong chorus is made of strong voices singing the same song, we also understand that the beauty of the chorus is that each Clubhouse has a unique voice, with its very own sound and personality.

If you are anxious about Clubhouse International Accreditation,



here are a few things you should know.

Our Faculty Accreditation teams are – **YOU!**

Each Accreditation team is made up of one Clubhouse member and one Clubhouse staff. They are from strong Accredited Clubhouses and they have gone through an intensive Faculty training. And, they are just Clubhouse people who love Clubhouse and want to volunteer their time to help other Clubhouses be the best they can be. Your Clubhouse community will LIKE them and they will LIKE you! They are your friends, and your allies.

If your Clubhouse is committed to having a Clubhouse that is based on the International Standards for Clubhouse Programs, you WILL be Accredited. The only times a program has NOT been Accredited were early on in our process, when we had programs applying for Accreditation that were not really Clubhouses and were not attempting to follow the Standards. But this has not happened in many years, since these kinds of programs have figured out by now that Clubhouse International Accreditation is only for Clubhouses!

One of the most important parts of the Accreditation process is the self-study. This is the part where YOUR whole Clubhouse community comes together over a period of time and looks at how well you are doing at providing your members with all of the great opportunities that the Standards say that Clubhouses should offer. You will discuss, argue, explore, review, and dig deep into all of the aspects of your community – and as a result, you will come closer to each other as colleagues and co-workers, and you will make decisions – together - to do an even better job of building the strongest Clubhouse community you can have.

We need every Clubhouse in this room to join our spectacular, talented, powerful chorus of Clubhouse voices. If your Clubhouse isn't Accredited yet, we need you! Ask for an Accreditation application, -- and start warming up your voice.

**Yours** is the voice our international chorus is missing!

**WE NEED YOU!**

## *Accreditation: a prioritized goal*

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*By Hanne Juul, Member of the Board of Clubhouse International*

A very exciting clubhouse year started the 10th of October 2015 and will last until the 26th of October 2016, where the 14th European clubhouse conference takes place in Amsterdam. Let us take the advantage of being a strong clubhouse community in

Europe and help each other to strengthen our clubhouses and set membership of Clubhouse International and accreditation as one of our most important goals. As you probably already know the Board of clubhouse International, the Faculty and other groups of Clubhouse

International decided to strengthen membership, so all clubhouses will have to be accredited to be a member of Clubhouse International. New clubhouses have 4 years to achieve accreditation, and existing clubhouses have 2 years to ask for an accreditation visit.

I am happy to announce that Joel Corcoran and Jack Yatsko have visited Sweden, Finland and Denmark this spring and answered questions about the accreditation process, and why it is so important to be an accredited clubhouse. It has given results. More Scandinavian clubhouses have decided to be accredited. You must know that you can always ask Clubhouse International, local coalitions or already accredited clubhouses for help and assistance to be an accredited clubhouse. Going through the questionnaire which is a part of the preparations for an accreditation visit is the best way to develop your clubhouse. Here members and staff together go through the International Standards and discuss strengths and

weaknesses in your clubhouse. It is here you have all the discussions and get ideas to how you can make the work even better. I can only encourage every single clubhouse to go through the questionnaire even if you don't think you are ready to ask for an accreditation visit or you don't have the money.

Today it is getting more and more difficult to get money from the municipalities. They demand high quality. Being an accredited clubhouse you can document that your work is of high quality.

Clubhouse International's goal is to double the amount of accredited clubhouses in Europe. I hope that your goal for 2015 and 2016 is to be an accredited clubhouse. It is very important that we have strong clubhouses in Europe, and that we can give persons suffering from mental illness the best possible help and support to get a meaningful life with education and employment.

## *What do you think...?*

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*By Vera Hahn, Clubhaus Schwalbennest, Munich, Germany*

Since some years we are talking about:

### **How to increase the number of accredited Clubhouses?**

Of course Clubhouse International set a goal for the numbers but maybe that is too far away for many Clubhouses.

I think it could be a good idea if each accredited Clubhouse in a country chooses another Clubhouse which could be ready for Accreditation and they support it to go this way. They visit the Clubhouse, they talk about the self-study, they help them to get ready for

the process and they share their experiences from their accreditation(s).

In a country with a strong coalition this could also be easier because the Clubhouses meet anyway and discuss about quality and how to address different local problems.

So, what do you think?

(Please read also "UNIQUE AND TOGETHER" page 4 of this issue)

## *Going through the Accreditation Process*

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*By Charly Kahl-Gortan, Clubhaus München Giesing, Munich, Germany*

Clubhaus München Giesing is preparing for its second Accreditation. I hardly can wait the discussions of filling in the self-study. For me, these discussions are the best part of the Accreditation process, as we all, members and staff, look accurately at what and how we are doing our common Clubhouse work.



We look at what we are doing every day. Usually you don't reflect the daily Clubhouse business. You know, what you are doing is efficient. The work and its results are good. But: what you are doing and how the whole Clubhouse community benefits from it – you do not really reflect it usually.

The questions of self-study make you look to some items from another perspective. Each part of our work is reviewed and we talk about whether it suits in relationship to the Standards or not. The questions of the self-study are carefully worded and are a very helpful instrumentality for how to look at our work.

The discussions enrich the whole Clubhouse day and bring members and staff closer together. The whole community sees the areas of strength of the Clubhouse, but also the weakening parts and can work on them. The future work will be improved and give to the members the best a Clubhouse can offer to them.

No Clubhouse community should miss going through the Accreditation process – the effort is worth it!

## *European Clubhouse International Training Dates 2016*

The **Clubhouse International Training Base Mosaic Clubhouse** in London offers two Two-week Comprehensive Clubhouse Trainings this year:

**April 25th-May 6th**  
**November 7th-18th**

To apply for places and for further information, please contact:

[l.elliott@mosaic-clubhouse.org](mailto:l.elliott@mosaic-clubhouse.org) or [m.ness@mosaic-clubhouse.org](mailto:m.ness@mosaic-clubhouse.org)



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## *Courses Dates 2016/2017*

### **Stockholm, Sweden:**

June 12<sup>th</sup>–17<sup>th</sup> 2016

June 11<sup>th</sup>–16<sup>th</sup> 2017

Fountain House/Stockholm

PO Box 4051

Gotgatan 38

SE-102 61 Stockholm, Sweden

[Gunilla.Bystrom@Fountainhouse.se](mailto:Gunilla.Bystrom@Fountainhouse.se)

### **Munich, Germany:**

July 24<sup>th</sup>– 29<sup>th</sup> 2016

May 7<sup>th</sup>–12<sup>th</sup> 2017

Clubhaus Schwalbennest

Landwehrstr. 22

80336 München, Germany

[Vera.Hahn@Paritaet-bayern.de](mailto:Vera.Hahn@Paritaet-bayern.de)

Clubhaus München Giesing

Kühbachstr.11

81543 München, Germany

[Jennifer.Miller@Paritaet-bayern.de](mailto:Jennifer.Miller@Paritaet-bayern.de)

### **Helsinki, Finland:**

November 6<sup>th</sup>–11<sup>th</sup> 2016

November 5<sup>th</sup>–10<sup>th</sup> 2017

Helsingin Klubitalo

Hämeentie 54

00500 Helsinki, Finland

[Marjukka.Friman@Helsinginclubitalo.org](mailto:Marjukka.Friman@Helsinginclubitalo.org)

### **Amsterdam, The Netherlands:**

October 1<sup>st</sup>–6<sup>th</sup> 2017

Clubhouse de Waterheuvel

Sarphatistraat 41

1018 EW Amsterdam, The Netherlands

[wanderreitsma@gmail.com](mailto:wanderreitsma@gmail.com)

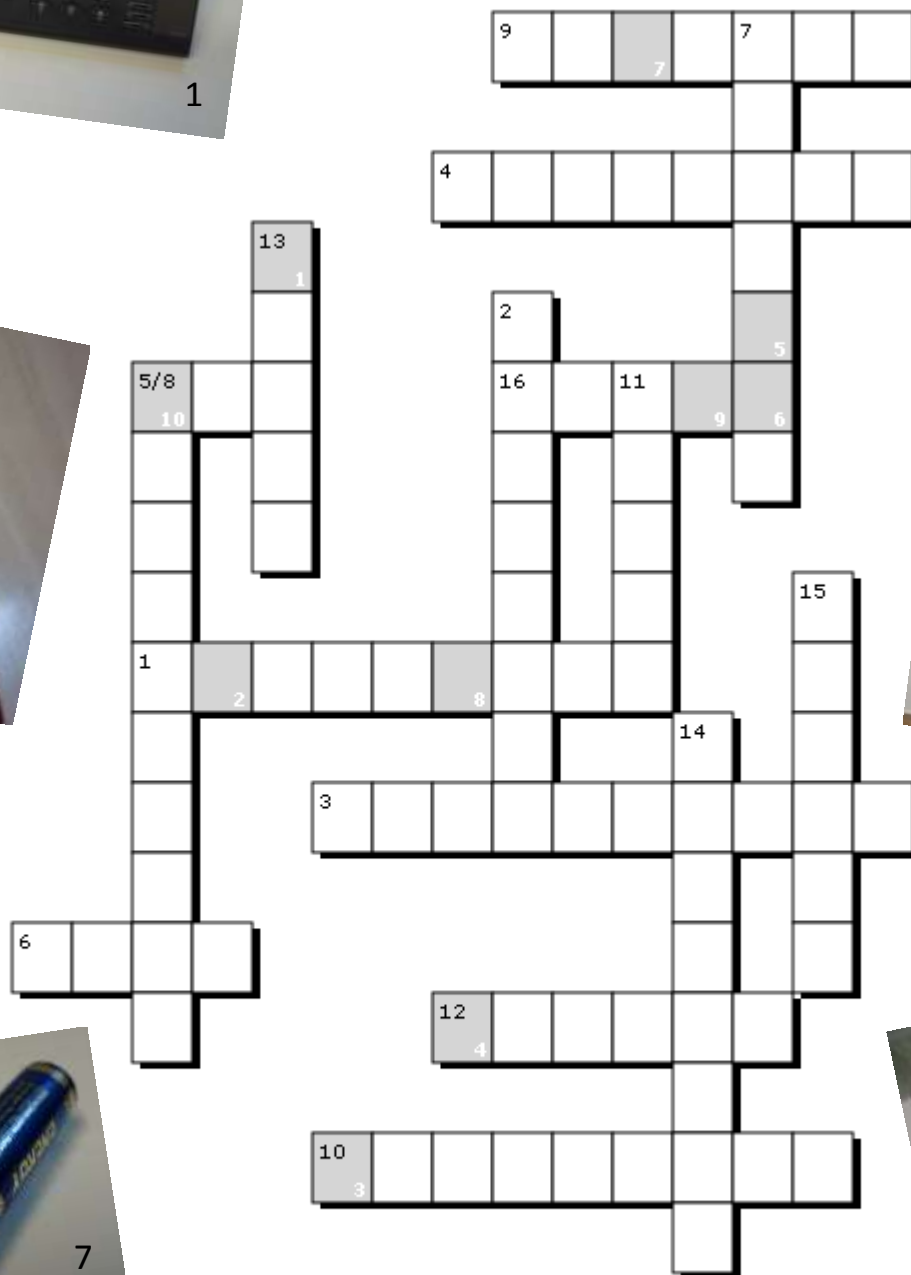
If you are interested, **PLEASE GET IN CONTACT WITH THE CONTACT PERSONS AT LEAST 2 MONTHS AHEAD OF A TRAINING!**

Start-Up Groups who have exceeded the 2nd February deadline of Erasmus+: please contact Anita Brix Lambaek ([abrix@clubhouse-intl.org](mailto:abrix@clubhouse-intl.org)), the European Program Officer of Clubhouse International. She will try to help to get funding for the training

**EMPAD Courses do not substitute Clubhouse International Trainings!!!**

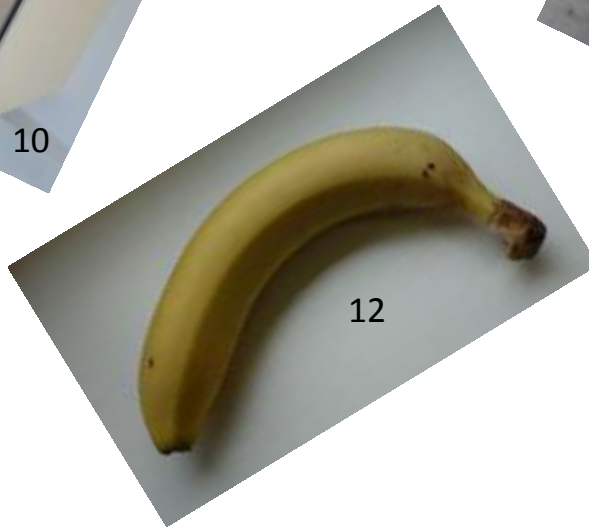
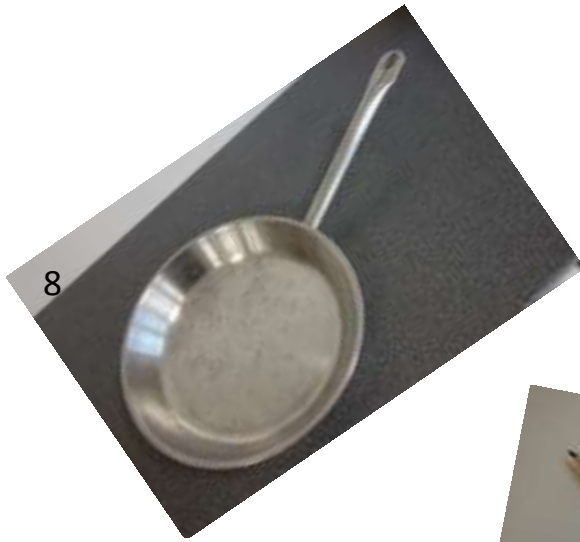
# *Take a Rest!*

## *Picture Crossword Puzzle*



1 2 3 4 5 6 7 8 9 10

(Solution on page 34)



Kind regards from our clubhouse „pro people“ in Linz

(Herfried)



## *Clubhouse International World Seminar 2015*



## *Clubhouse International World Seminar 2015, Denver, USA*

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*By Agnieszka Maria Christiansen, Fontaenehuset Frederikshavn, Denmark*

Can you imagine that we could be so lucky... We had to pinch ourselves many times during the whole week to be sure that it was real, that our clubhouse – Fontaenehuset Frederikshavn made it possible for us to take the journey on the other side of the Atlantic Ocean to participate in the seminar – 20th Clubhouse International World Seminar in Denver, Colorado USA.

The journey began on the October 23rd at 7,45 am. We were 8 persons that met at Aalborg airport. The members, staff members and board members from two sister clubhouses in Denmark Fontaenehuset in Frederikshavn and Kildehuset in Aalborg. We hardly knew each other before our trip, but we quickly became familiar. First 1,5 hrs. flight to Frankfurt followed up by 10 hrs. directly flight to Denver was a challenge.

Accommodation at Marriot Tech Center was perfect. We could socialize with fellow participants during the whole stay – because the most of the hotel was booked for the occasion.

We – Danish delegation as we called ourselves – started Saturday, that was the day off. We decided that it was our only opportunity for sightseeing in Denver. We took downtown and weather was with us. One mill town shows itself from its best side.

Sunday was time to go to action. Maria together with Anita, our former director from Frederikshavn, and Leif and Deana from Salt Lake City. We had prepared our vision of clubhouse of tomorrow some weeks before, via skype and using internet facilities. We met face to face just 30 minutes a day before to say hey and to rehearse.

The presentation went well, and we met a lot of people who wanted to discuss more about the topic or just to share their view. I will never forget the feeling that the work across time zones, across the Atlantic Ocean has payed off, and not to mention that I now have two more friends – Leif and Dean on the other continent. Something – I did not expect to get by Skype and working together.

The seminar program was packed with interesting topics and we couldn't participate in all that. We: Lisbeth – who is staff member from our clubhouse, Irene – who is a board member and me had to split – to get the most of the seminar...

We hold also our own session: the round table discussion about how to engage the members in to working day. We were nervous and afraid that nobody would come, but it ended up with the room packed with people and dynamic and fruitful discussion.

We had to, though, end it in time because we, together with many more, were going on the trip to Red Rock. 5 busses full of expecting seminar participants went on the tour. And it was worth it. The view on the Red Rock and Denver far away and below was fantastic and breath taking.

The Seminar App which is still active (until October this year) was and still is the important tool. All texts and presentations are on the app and free to use.

After coming home, we – Lisbeth and me made a presentation of our experiences

during our stay in Denver and our ideas inspired by that.

If there is one thing – besides many many experiences – I have got from Denver is the feeling that we are not many clubhouses in the world but that we are the one Clubhouse – Clubhouse International. It made me even more aware of our standards and how important they are. We – Fontaenehuset Frederikshavn – are a young Clubhouse – but we managed to get 3 years' accreditation and we are proud of it. It makes you think how important it is that we hold on to our standards and that they are the same worldwide.

## *Clubhouse Gibraltar attending Clubhouse International World Seminar in USA*

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Two representatives from Clubhouse Gibraltar will be travelling to Denver this week to participate in the 18th International Clubhouse Conference. They are Chief Executive Officer, Emily Adamberry Olivero MBE and Chairman of the Board, Dr Rene Beguelin. Emily will not only be representing Gibraltar but will also be promoting Clubhouse Europe of which she is a Board member.

The 18th Clubhouse International Seminar will be held October 24-29, 2015 at the elegant Denver Marriott Tech Center in Denver, Colorado. Clubhouse International is partnering with two long standing Accredited Clubhouses, Spirit Crossing Clubhouse and Frontier House to provide an extraordinary learning opportunity for anyone interested in the Clubhouse Model and innovative strategies in mental health services. The Clubhouse International Seminar promises to offer an exciting and inspiring array of learning opportunities about creating and sustaining

strong, effective Clubhouse communities around the world. Plenary sessions, interactive workshops, and exciting special events which will provide a compelling forum for the exchange of information and ideas of interest to new and veteran Clubhouses. It will also allow Clubhouse members, staff, and board members to learn from each other, as well as from other experts in areas of importance to their Clubhouses. The five day together will offer an inspiring array of powerful presentations, workshops, meetings, and discussions about cutting edge and fundamental Clubhouse practice and thinking.

Clubhouse Gibraltar has created a lot of interest internationally and has inspired others in small geographical areas to try and develop a Clubhouse. Clubhouse Gibraltar has also been asked to address the conference at the final plenary where the theme is very appropriately called 'Action plan for tomorrow's Clubhouse'.

## *Impressions from the Clubhouse International World Seminar*

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## *Clubhouse Flashlights*

### *Clubhouse France Receives Prestigious Award*



Clubhouse France is one of the 30 charities selected in 2015, out of thousands of applicants, as a recipient of LA FRANCE S'ENGAGE foundation, a program created by President François Hollande to encourage social initiatives benefitting society in France. The strategic support and a very substantial donation over 3 years is going towards the start-up of 2 new Clubhouses in France by year-end 2017. This is a wonderful validation of Clubhouse Paris and its achievement since its opening 4 years ago.

Join us in congratulating Philippe Charrier, President, Céline Aimetti, Délégué générale, Jean-Philippe Cavroy, Clubhouse Director, the Board of Directors and all of the members, staff and supporters of Clubhouse France. Bravo! More info (in French): <http://www.clubhousefrance.org>

### *"Exchange of opinions on the Clubhouse model"*

We would like to share our program "Exchange of opinions on the Clubhouse model" with you. We'd like to go deeper in these issues during this year and know your opinions about that.

Here is the program:

- Intake (orientation)
- Horticulture
- Sport and Work Ordered Day
- the use of Social Network

Please contact us know if you are interested:

Club Itaca Milano

World ClubHouse Network

[lavoro@clubitaca.org](mailto:lavoro@clubitaca.org)

Best regards, Manuela, Stefano, Daniele, Silvana

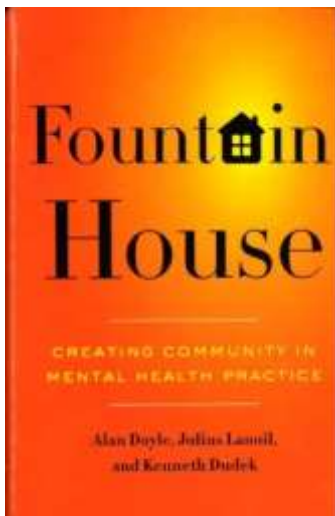
### *Clubhouse Knowledge Center*

Clubhouse Knowledge Center is a platform for the whole Clubhouse community to get detailed information. You can also become a member if you are member of a Dutch Clubhouse to meet members from other Dutch Clubhouses. There is no detailed resource around the internet than Clubhouse Knowledge Center. It is even in English.

[www.clubhuiskenniscentrum.nl](http://www.clubhuiskenniscentrum.nl)

Jeroen van Beuningen, member Clubhouse Almere, The Netherlands

*Fountain House – Creating Community in Mental Health Practice*



“This book, rooted in a historical perspective, illuminates the principles and practices that have guided Fountain House since its beginnings. It is a document, above all, of hope.”

-Oliver Sacks

“This book on the origins and stance of Fountain House is likely to become classic. It illuminates the driving ideas behind one of the major movements in mental health care and advocacy.”

-Ezra Susser (Columbia University)

Dear Colleagues,

In recognition of the importance of this book in defining the principles of our movement, Fountain House is pleased to announce that it has made arrangements with Columbia University Press for a limited time offer: all clubhouses are eligible for a significant discount. Please see attachment for further details. I want to encourage you to take advantage of this offer. Additionally, Fountain House is prepared to host an “Evening with the Authors” (or breakfast, depending upon your time zone) via Skype or Fuze. It will be an opportunity for groups within your clubhouse to further explore the concepts discussed in this book directly with the authors. Please be in touch if you would like to schedule a session.

Thank you,

Alan Doyle, EdD

For customers in Europe, please contact our distributor John Wiley & Sons, to order a book and for information regarding price and shipping cost. Please mention the promo code FHOUSE for a 40% discount off the list price of the book.

E-mail: [customer@wiley.com](mailto:customer@wiley.com)

*Solution of the Picture Crossword Puzzle* (see page 28):

MEMBERSHIP

# *What's going on in European Clubhouses?*

## *World Day of Mental Health*

*By Vera Hahn, Clubhaus Schwalbennest, Munich, Germany*

In 2015 we had in Munich an event on the 10<sup>th</sup> of October. The preparing session which consisted of ten auspice agencies and/or organizations began at the beginning of the year with its planning session. In comparing with the last two years we did not want a demonstration through the inner city, but we planned a variety of short speeches, different musical acts, a performance and a common action.

Under the theme "Sei ein Herzschrittmacher" we wanted to mobilize family members, clients, professionals and the citizens of Munich for this event on a Saturday afternoon on Karlsplatz.

This year we also had many events from other Clubhouses:

time	Clubhouse	Action
2 - 4pm	Clubhaus Schwalbennest, Germany Clubhaus München Giesing, Germany	Demonstration
	Helsinki Clubhouse, Finland	Angst Gala and film
	Kildehuset - Fountain House, Denmark	bicycle race + info about Clubhouse
	Salo Clubhouse, Finland	Mad Pride Salo 10.10.
	Minsk Clubhouse, Belarus	small concert and presentation of CH + special newsletter
	Fontænehuset Frederikshavn, Denmark	a bike event + speech by a danish - former professional bike rider
	Klúbburinn Geysir, Iceland	Open house, Study visit to Faroer Islands
12 - 12.45	Fontenehuset i Oslo, Norway	Parade "See each other- throw away your mask!" + information desk
10 – 10 pm	Clubhouse Rome, Italy	"Tutti Matti per il Riso" donate rice gifts on six Roman squares + information desk "Parata dei diversi" (street parade)
5.30pm	ClubItaca Milan, Florence, Palermo, Naples; P. Itaca associations in Asti, Parma, Genova, Catanzaro. Padova	"Tutti Matti per il Riso" rice gifts on a number of cities' squares. Goals: information, prevention, fund raising.
	Clubhouse Gibraltar	information table at the Boys secondary school
	"	Mini Olympiad with a fund raising Cake and Savoury stall+ information table
	Fontenehuset Bergen, Norway	Presentation of the CH in a big shopping center; information about mental health
	Fontenehuset Hønefoss, Norway	Art exhibition, movie night, lunch for construction workers Information desk for students at the local university
	Fontenehuset Hønefoss, Norway	Concert with local musicians
	Many Clubhouses in the US	Open house



We would have liked large displays to show what was organized at the same time in other cities by other CHs. Unfortunately, we could not organize this, because the technical requirements for something like this are much more complex than we thought.

### Some impressions from Munich:



We already foresaw that it will not be easy to mobilize many people on a Saturday - thus we had to be satisfied with between 200 and 250 persons.

Of course, the stewards and the balloon-team came in contact with various passers-by and the info-booklets "Stempelt uns nicht ab!" were distributed - but, all over all, the interest to get more information about this tabu-topic and/or show solidarity with the topic "stigma of the mentally ill" was not all too big.

Let us look at what we shall do next year - fortunately, the 10<sup>th</sup> of October will be a Monday ☺

# WORLD MENTAL HEALTH DAY EVENTS

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*By Clubhouse Gibraltar*



Clubhouse Gibraltar wishes to express its gratitude to all who contributed to make World Mental Health Day a success.

## ***MINI OLYMPIAD – FUND RAISING CAKE STALL AND MENTAL HEALTH INFORMATION STALL***

Clubhouse Gibraltar took the opportunity of celebrating World Mental Health Day at the Victoria Stadium complex in the Mini Olympiad by organising a fund-raising Cake and Savoury Food stall as well as providing information on Mental Health to create awareness.

## ***THANK YOU TO EVERYBODY WHO SUPPORTED US***

They would like to extend their gratitude to: the Clubhouse members' involvement; friends and volunteers; all those who anonymously contributed; ARC Ocean Views; Dr Giraldi Home and Morrisons. Appreciation is also due to the RGP for organizing the event, GBC Road show for their entertainment and coverage and to the general public for their support.

## ***INFORMATION STALL AT BAYSIDE SCHOOL***

On the eve of World Mental Health Day a mental health information stall was held at Bayside School which was very successful and created a lot of interest. Students were invited to write down their thoughts on mental health. This generated a variety of very interesting thoughts and comments which were collected and displayed on a 'Thought Tree'. Events such as these create awareness and provides information and advice that can avoid a lot of distress later on.





## *A Study Visit to the Faroe Islands*

*By Benedikt Gestsson, assisting manager Geysir Clubhouse, Iceland*



For establishing a strong relationship and supporting a young Fountainhouse in Torshavn, the capital of Faroe Islands, Geysir Clubhouse decided to apply for a grant to visit the Clubhouse. The draft for this plan was made when we took part in the European Seminar in Stirling 2014. To make this visit come true we decided to apply for a grant in Norplus Adult program which is financed by the Nordic Council of Ministers. „Grants for collaboration projects are aimed at e.g. establishing transnational networks of adult learning organizations and to exchanging knowledge and experience within a joint theme or subject“, as defined in the application form.



Thus fulfilling the requirements of the NA-program a group of two staff and four members from Geysir Clubhouse went to the Faroe Islands the 5th of October 2015 and stayed there until the 12th of October. On the whole the visit was very successful and both parties shared their knowledge and cultural wisdom for the benefit of both.

A secondary objective of the visit was to find a fundament or a common ground to establish a coalition of Marginal Clubhouses, in the Northern sphere. Seems like remote and marginal Clubhouses share common obstacles, which we can for sure discuss on identical levels.



People in the Faroe Islands are very hospitable and friendly. The archipelago consisting of 18 islands resemble in many ways the landscape in Iceland, steep mountains rising from the ocean floor with not so much lowland, especially are the similarities close to the eastern and western part of Iceland.

Our visit consisted of taking part in the work ordered day and meetings where we exchanged ideas on best practices of running a clubhouse. The Fountain House in Torshavn was established 1st of April 2014. They have a three year pilot project which will end 1st of January 2017. During this three year period

they must approve and show that the Clubhouse model is a solid, active and effective mental health program. Both members and staff were optimistic that they will get further funding for continuing the operation of the Clubhouse.



One day we went on a day tour to Eysturoy (East Island). There we enjoyed the magnificent landscape of the islands and experienced the seclusion that must be overwhelming, especially in the wintertime.



Staying in the Faroe Islands during the 10th of October, International Mental Health Day, we went to a celebration in the evening, with music and speeches, dedicated to mental health. Even though the speeches were kind of too long, one member of the Clubhouse, Sigursól came on stage and really enhanced the mood with here singing.

In the evenings we had meetings where we discussed the highlights of each day and wrote in our journal for later reporting. We really hope that Fountainhouse Faroe Islands will prevail. Hopefully this article will influence authorities, stakeholders and innovators in the mental health services in the Faroe Islands to hang on to the Clubhouse model. And as a result of this visit Fountainhouse Faroe Islands is planning on visiting Geysir Clubhouse in the spring of 2016 and thus recompense our visit



## *Great news from Clubhouse Open Soul/Minsk*

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There are great news in our Clubhouse Open Soul in Minsk. We are moving to new premises! It's exciting time for all of us.

We want to tell you about our new placement. It's in another part of the city, not far from metro station. It's quite convenient. We have two large rooms now. But we have to do a renovation in our new premises. So we have just finished wallpapering, fixing and painting of doors and windows, making of shelves and other. We make a repairing with own hands.



We have a team of the most active Clubhouse members. Some of them worked in the construction industry before. But mostly we are beginners. It's a time to get a new useful experience. But it is time not only for hard work. So we've made a birthday parties in a repairing rooms for our Clubhouse members. It was quite funny

One of the rooms is for education program and administration work. Here also will be our computer class

Another room is for kitchen work and for our creative practice. We are planning to do theatre performances and concerts here. Our talented members and Clubhouse guests (musicians, artists and not only) can do a presentation in this room. For example, we are preparing a photo presentation of our members' works now.





There is another interesting news in our Clubhouse. We made a theatre performance with a live music and a shadow puppets. It's a story about poor bunny without one ear. He could not find support for a long time, but friends helped him. It's a tale with a fairy characters, but also it's a story about Clubhouse model support. The author of this performance is Irina Moschenskaja, our Clubhouse member. She also made a design of puppets with a support of other members. On last Christmas holidays we

showed this performance for children in the orphanages and boarding schools in different Belorussian towns. This was possible thanks to the volunteers of the Orthodox Church (St. John's Congregation of Minsk's Eparchy)



Also this year we showed this performance in a cancer center. After it we took part in Festival of Creativity for children and youth with lack of opportunities "Let's Open Our Hearts", which was placed in boarding school for cripple children.

We made a small concert in our main psychiatric hospital on the 10<sup>th</sup> of October. Three members our Clubhouse performed at the concert.



In the next article we will be glad to tell you about our new place more. We have a lot of work with furnishings now. We'd love to know about your experience of renovation and fundraising events.



## *Clubhouse Gibraltar encourages Members to return to Education*

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*By Gibraltar Clubhouse*

Gibraltar Clubhouse are happy to announce that 6 members are at present attending evening classes at Gibraltar College for Further Education comprising of Spanish for Beginners and Cookery. We fully support our members and encourage participation in these courses. For a



lot of our members Second Chance Learning is very important in their recovery as early life experiences may have impacted on their education and learning in their younger years. The Clubhouse model supports its members in reaching their full potential. For many people returning to education can be a scary thought and can take a lot of courage. For those people who have experienced or have ongoing mental health difficulties returning to education can feel like an unrealistic goal.

This has been achieved with the support of Clubhouse staff, College of Further Education and with the backing of the Department of Education. We hope their retuning to education can be an enjoyable experience, as well as learning new skills, in order to help our member reach their own personal goals in gaining qualifications.

If you have been affected by Mental Health difficulties and are interested in returning to education please contact Clubhouse Gibraltar.

Clubhouse Gibraltar wishes to thank The Dept. of Education and Gibraltar College for further education for their ongoing support for Clubhouse and our members.

## *EMPAD ten-day Training in Munich*

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*By Roberta, Barbara and Silvana – Club Itaca Milan, Italy*

In July 2015 a group of two members and one staff, coming from Club Itaca Milan (Italy), participated in a ten- day training course for adults at the Schwalbennest and Giesing Clubhouses in Munich. We shared our experience with a group from Palermo and one from Rome so the Italian group was made up by seven people. The course was organized by EMPAD (**Empowering Adults with Mental Illness for Learning and Social Inclusion**)project.

We arrived at the Munich central railway station on a very warm Sunday afternoon and we were greeted by Charly, a Giesing clubhouse member, who was carrying her unmistakable elephant stuffed animal. Charly was one of our points of reference for the duration of the course.



We started off with a welcome dinner on Sunday evening: that was a good start because it allowed the Italian and German groups to get to know each other and to go into the program of the course. On Monday we started to work hard discussing the clubhouse model and working side-by-side with the German colleagues. We analyzed all the international standards, discussed interesting articles, heard members stories, visited TE positions, met members of the board and participated to amazing social events. We also had the opportunity to see the fun parts of Munich and to appreciate German food!

The ten-day course ended with the discussion of the Italian action plan, a good lunch and a lot of goodbyes.

The EMPAD training allowed us to deepen the clubhouse model confirming us that this model emphasizes the recovery orientation and the labour market integration of people with mental illness. We appreciated the methodology of the training very much: learning-by-doing, presentations, clubhouse members stories, study visits, group discussions and analysis of articles.

We think that this experience has been very important for us not only because we learned a lot of information about the clubhouse model and joined a lot of fruitful discussions but also, and above all, because we met a lot of very interesting and amazing people.

We hope that this experience will help us to improve our way of living the clubhouse model and to increase our empowerment in order to make our own decisions, to take responsibility for changing our lives and improving communities where we live, to have a say and be listened to, to have choices and control over our lives, to be recognized and respected as equal citizens in the local community.

## *Nina from the Cardigans on the Fountain House Radio*

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*By Julia, Malmö Fountain House, Sweden*

In December the fourth chapter of the new radio show "På divanen" (On the couch) was on air from the café at the Malmö Fountain House in Sweden. The guest was Nina Persson, internationally known both through her trio A Camp and as a solo artist - but perhaps most of all as the singer of the Cardigans. "Lovefool" is one of many songs she has had success with.

Matti and Robert did the one hour interview live with Nina, who lives both in New York and close to the clubhouse in Malmö. The public airing crammed our café with the open house live audience, mixing club members with neighbours and friends.



This couch show started out as a test last autumn and for 2016 we hope to do one in-depth interview with a local celebrity per month - apart from the weekly radio journal "Radiofontänen" our members have done since 2010.

## *Self-Confidence Training and Communication*

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*By Wolfgang Schwenk, Munich, Germany*

My name is Wolfgang Schwenk, I am a psychologist and I work as a coach and/or Seminary leader for economic businesses. I want to report about an exciting adventure that I was able to experience with five members of the Clubhaus Schwalbennest. Those that I am usually dealing with are mentally healthy people – so it was a new experience for me to work with mentally ill people. First I would like to remark that I am a psychologist not a psychotherapist. My attention is directed toward the strength and potentials of people.



Previous story: let me report one thing after another. My offer to the Clubhaus Schwalbennest was to spend time for the members. There were five members that were interested in a work shop with me. They were asked which contents they were interested in – the results were the topics "self-confidence" and "communication". So I developed a concept of various steps for the Clubhouse members.

### **Step one: the individual session – my inner team**

The first part of our small project consisted of a one-hour coaching session which each participant. Within this confidential frame we could get to know each other well. The basic idea for these conversations were: even a mentally ill person has deep within himself healthy parts. Most of the time the illness attracts the whole attention and thus weakens self-confidence. Self-confidence can be strengthened by becoming aware of our healthy parts and strengths and by directing our attention to them. So, we started to look for these healthy parts in individual sessions. Fortunately, we found some in each individual. We imagined for illustration purposes that the mind of an individual consists of different personality parts that function like an inner team. One team member, the freshest, was quickly found: the illness. It got involved in each trial to look for healthy parts and caused self-doubts. So, my task was that the healthy part of the inner team was heard and to put the illness at least for a few minutes in the background. Whenever we were able to do this, there appeared wonderful "characters". There is the head which could be clever and rational, even if the illness does not want to believe it. Then we found a heart in each participant that was able to sympathize and even love. And finally, we discovered in everybody a fighting nature – a feeling to be strong. The illness fought especially against this discovery. "You are not strong! You are weak!" It wanted to tell us. Our argument against it was: "If you have been through so many difficult experiences as

I have, you must be strong." And then there was in each a fascinating character: joy of life. Whenever we were in contact with it a pretty smile came across the faces of my conversation partners. Unfortunately, joy within the inner team is the hardest part of mentally ill persons.

It was often hidden in corners of the personality and we had to really outwit the illness to reach it. After we found and described the inner team members that represent the healthy parts in man, we tried to show them in an image. Each member of the inner team received a name and a color. At the end each participant had a multi-colored picture that showed a line-up of his/her inner team. My recommendation to the participants was to repeatedly look at the picture and direct his/her attention toward the healthy parts. After this individual session everybody, including myself, were very exhausted, even though we occupied ourselves with the positive and healthy parts of the personality.

After these sessions I did a lot of thinking. Basically, the Clubhaus Schwalbennest is an organization in which the attention is repeatedly directed to the healthy parts of man. The members undertake various tasks where the healthy parts of individuals are put to use. Are not the Schwalbennest-vacations and excursions possibilities to get in contact with joy of life?



### Step two: to represent myself

In the second event we met for the first time in a group in a room at the Clubhouse. We intended a difficult task, to talk about ourselves in front of the group – an important aspect of communication. I found out that this was pretty difficult for the participants, because the illness immediately raised objections; "You cannot do that! What is this all about! Nobody is interested! It is of no use!" In addition, it is difficult that this self-representation should not only include the illness but also the healthy parts. All the more, I was happy that the participants were courageous enough to take on this task. So, one person after the other unpacked the results of the single sessions, showed it to the others and explained the single member of the inner team. At these moments the entire attention was directed to the participant – a pretty unusual situation. On the one part, I felt a certain discomfort about the presenting persons, on the other part, also amazement, maybe a little of bit joy that they were indeed

interested "in me". A result of this session was that self-confidence can be promoted by talking about oneself and by considering not only the illness but also the positive sides of the personality. After this exciting session we took a break.

### Step three: my principles

In the context of our small project I remembered many individuals that appeared self-confident to me. I asked the question to each person what made them so self-confident or even unshakeable. All these people had in common that they had irrevocable principles. So, my basic idea for this third step is: Principles give orientation and good orientation promotes self-confidence. So, I intended to work on this topic with the participants. I introduced a list of principles and discussed it with the participants. Above all we talked about the dignity of man. This principle is written even in our constitution as a fundamental right: "the dignity of man is unimpeachable!" The word "dignity" is closely related to the word "value". This statement can also read: "everybody is valuable!" Therefore a mentally ill person is also valuable! Whoever orientates himself with this principle, will remind him/herself: I am also valuable!" If you feel valuable it will promote your self-confidence. This is the complete list of principles that we discussed:

1. The dignity of man
2. Self-determination
3. Self-responsibility
4. Critical consideration
5. Courage
6. Joy
7. Attention

At the end of our discussion I asked each participant to choose two principles from our list for themselves by posing the following questions: What is important to me? What is good for me? My recommendation was to be



aware of the two principles once every day and to consider how much I follow them. With a short final session this seminary day came to an end.

Clubhaus Schwalbennest is a very special place for me. The reason in my opinion is that the above mentioned principles are fully established within the Clubhouse concept. E.g., the principle “self-determination” shows by the involvement of every member in the decision finding process. He who decides carries a certain “co-responsibility” If you take a closer look you will also discover the other principles in the Clubhouse on a daily basis.

#### Step four: the photo shooting - a nice picture of me



It sounds like a comical idea to have a photo shooting for members of the Clubhaus Schwalbennest in a work shop. You may ask what this has to do with self-confidence and communication. The basic idea is very simple. We see daily people on TV that are considered



especially valuable. The more valuable this person is the more photographers are buzzing around him/her. So it can happen that there are many beautiful pictures of these V.I.P.s. Based on our principle of the “dignity of man” our CH members are at least as valuable as these V.I.P.s on TV. Why are not photographers buzzing around them taking pretty pictures? I wanted to take remedial action of this defect.

Thus I offered to the participants to organize a photo shooting. My friend Bernd Kiekhöfel is a photographer and he spontaneously offered to take part in this experiment. Of course, this action also has a technical background. Again, the point is whether the participants find the courage for something new and unusual. Often routines and habits drive our daily lives and form something like a comfort zone within which we act. I consider it very important to cross these lines sometimes and to try something unknown. Also, in this experiment the person stands in the middle of the action - even a professional camera is directed at them. All the more, I was happy about this exercise that all participants took part in. This way many pretty pictures



originated and we will consider them together and discuss them during our next and last work shop. I am convinced that having a nice picture of oneself can promote self-confidence.



**In Addition:**

At this point I would like to cordially thank the participants of our small project for the trust they gave me. To grant access to the inner self to a strange person is something very special. I found it courageous and strong that they agreed to my unusual suggestions! I would be very happy if they would consider their inner and outer pictures every so often and if they would direct their attention to the healthy parts. Please, intend to look for and discover joy of life at the next SN excursion - o.k.?

## *Self-confidence training – Experiences from a Participant*

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*By Barbara, Clubhaus Schwalbennest, Munich, Germany*



Mr. Schwenk, the leader of the workshop gave us first a definition of self-confidence. Self-confidence is the trust in one's own abilities. Among other things are principles and solid values like e.g. "the dignity of man", "self-determination" or "awareness" important factors and an orientation for a healthy sense of self-value.

Then Mr. Schwenk had a single session with each participant of the workshop to get to know him/her. The goal was to find and name not only the ill parts, but also the healthy side. It turned out that each participant discovered his positive side(s) during this session. Often the illness overshadows the access to one's own resources. If you are aware of your "weaknesses", you can work on them better. If you are e.g. very pliable, you must learn how to say no. Here roleplays are well appropriate to gain more self-confidence.

The last step was a photo shooting to get a "good picture" of ourselves. On the one part we considered the pictures to find out how we see ourselves and how we find ourselves again. After that the participants discussed how they perceive the other participants on their pictures. There was an interesting phenomenon: the awareness of ourselves and of others differ greatly.

**Conclusion:** the occupation with ourselves and the exchange with others as well as a good picture of ourselves support self-confidence.

**Personal conclusion:** the workshop showed me again, how important it is to leave the tunnel vision of depression and to try to remember my own abilities.

## *May we introduce?*

### *De Waterheuvel*

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#### *Thirty years Clubhouse in Amsterdam*

*By Wander Reitsma, Director De Waterheuvel, Amsterdam, The Netherlands*



In 2016 Amsterdam will celebrate the thirty years' presence of a small community for citizens suffering from mental illness, i.e. Clubhouse De Waterheuvel<sup>1</sup>. It seems that the basic ideas of a clubhouse applying the Clubhouse Model, become more and more the principles of modern governance and mental health policy towards rehabilitation, recovery and back-to-work programs. Therefore, De Waterheuvel is an example and a source of inspiration for others in Amsterdam and in The Netherlands developing programs for people with low expectations of obtaining full participation in modern society. It creates more opportunities for opening new Clubhouses in this part of Europe.

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<sup>1</sup> "De Waterheuvel" means "Hill of Water". The name referred to "Fountain House New York", source of inspiration of the starting group in the early '80-ties and the film "Watership Down" (in Dutch: "Waterschapsheuvel") which was very popular at the time, telling the story of a community of rabbits.

From 23<sup>rd</sup> of October till 26<sup>th</sup> of October 2016 De Waterheuvel will act as host for Clubhouse Europe by organizing the 14<sup>th</sup> European Clubhouse Conference<sup>2</sup>.

#### *History, origin and developments*

In the early 1980s the Public Health Service of Amsterdam introduced the concept of Fountain House New York ("Fountain House Model") in Amsterdam as an answer to the growing problems with individuals suffering from mental illness who left the hospitals without a proper follow up. They had to leave the hospitals as a result of the reduction of the number of hospital beds. This reduction was caused by lower budgets but also by a growing belief that mental health issues are not solved by locking up people in hospitals.

At the same time the National Mental Health services introduced the Day Activity Centers as an answer to the de-hospitalization of their patients. This approach became dominant in The Netherlands. The revolutionary idea of leaving the patient role and treat patients as human beings with needs, wishes and dreams like anybody else, and to focus on these instead of their limitations, was a bridge too far at the time.

Nevertheless the City of Amsterdam supported the arrival of a clubhouse. Amsterdam supplied the fund to buy a

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<sup>2</sup> As co-host will act CH Wingerdweg, the starting Clubhouse in the North of Amsterdam.



building in the center of town to house the clubhouse. Clubhouse De Waterheuvel became a reality. It started in 1986 with a small group of members and a few staff and a director and as an independent organization with its own Board with members participating in that Board.

De Waterheuvel developed in the same way as many of the Clubhouses started in those days. Eager to make this wonderful new way of creating new possibilities in our own context and environment. For De Waterheuvel this environment was the city of Amsterdam, The Netherlands and Europe. The City of Amsterdam continued supporting De Waterheuvel. The financial resources were limited but with all kinds of private support De Waterheuvel stayed alive. Members and staff ran the Clubhouse, but with limited ties between the daily practice and the broader community.

Something that did not happen was the much felt desire to disseminate the Clubhouse Model in The Netherlands. The financial resources for this kind of activities were in fact in the hands of the National Mental Health

services. As far as they knew the model, they considered the Model “charming” but “not realistic”. The Day Activity Center (often directly connected to mental health services) - till a few years ago- continued to be the main possibility for patients to spend their days after leaving the hospital.

### *Big Changes*

About 2006 the four big cities in The Netherlands (Amsterdam, The Hague, Utrecht and Rotterdam) and the national government agreed to try to solve some of the urgent social problems. A lot of money became available. Also for De Waterheuvel.

Looking back, you can conclude that De Waterheuvel chose not to invest in the improvement of the Clubhouse Model itself and the dissemination of Clubhouses in The Netherlands but in strengthening the position of De Waterheuvel in the city of Amsterdam by setting up of all kind of partnerships with other organizations in the social field. De Waterheuvel started a lunchroom where members could find employment. No paid jobs but “work experience places”. In 2008 more than 22 members of staff were on the payroll of De Waterheuvel. Half of them worked on projects outside De Waterheuvel and the lunchroom, and the other half in the clubhouse itself. The projects and the lunchroom were useful and meaningful and they created new opportunities for the members, but they did not become part of the Clubhouse itself. De Waterheuvel claimed an interpretation of its own of the standards and chose not to be accredited.

In 2009 the golden age of nearly unlimited funding suddenly stopped. New political and economic circumstances put an end to it. In De Waterheuvel the leadership changed and the clubhouse faced a new reality. Discussion on all levels in the clubhouse came to a difficult conclusion:

“De Waterheuvel as a clear concept among all kinds of services for people with mental health problems in Amsterdam is slowly fading away and this process will end with the closing down of De Waterheuvel as a Clubhouse.”

And this was an outcome nobody in De Waterheuvel wanted. The process of re-discovering the Clubhouse Model came into being. The first step was the 3 week Basic Training for the new director, a member and a staff member in 2010. Their action plan was to re-vitalize the Work Ordered Day, the heart of a clubhouse. The plan was called “Snowball”. It was the start of an avalanche that came to a stop in 2015 with the start of De Waterheuvel in a new building next to the old one.

- De Waterheuvel re-entered the international Clubhouse community by joining training sessions, workshops, participating in the process of starting Clubhouse Europe, became an active participant, visiting seminars and conferences, participating in the European project EMPAD, visiting CH's and helping working groups and starting CH's in The Netherlands and Belgium.
- In the Clubhouse a completely renewed structure of the Work Ordered Day was introduced.
- A Transitional Employment program was designed, introduced and carried out. The lunchroom is taken over by another organization.
- All non-clubhouse projects were stopped and activities were transferred to other organizations.
- The old building of the Clubhouse was sold and a complete reconstruction of the new building and a great part of the debt on it, was paid by the revenues of the sale.
- De Waterheuvel became an accredited Clubhouse.
- On the payroll of the clubhouse only 8 people are listed: 5 staff, a part-time housekeeper, a coordinator for our

educational project (the one that is left) and the director.

- The available budget for the clubhouse is reduced from 1,6 million euros per year to 600,000 euros per year.
- The daily attendance of the members remained stable: about 40 members a day.
- Our offer to the city and the community of Amsterdam is completely clear: we are welcoming people living in Amsterdam with psychiatric problems in a community based on the Clubhouse Model to give them hope, new perspectives and new opportunities in their attempt to restore their lives.



The success of this process was only possible through hard work by all participants in De Waterheuvel: members, staff members, director and members of the Board.

### *New challenges and opportunities*

In 2016 De Waterheuvel has started as a really vibrant community. Financially healthy and



with confidence in the future. We just finished the very last part of the reconstruction of the building. In the attic we created a guesthouse where four guests can stay in two separated bunks. This service is especially made to make it for people coming to De Waterheuvel from abroad more affordable. We are also thinking about starting a young adults program on the attic.

On the third floor we created an office space. This space we rented for 3 years to the Recovery Agency of a big Mental Health service in Amsterdam. This agency is run by peers. We use the income from the rent to lower our housing costs but also we see opportunities in working together.

The cooperation and the support of the second clubhouse in the North of Amsterdam will be intensified.

Recently, the 393 municipalities in The Netherlands are completely in charge of the public funding of organizations like CH's. This

poses challenges and opportunities.

Opportunities for new and more CH's in The Netherlands. In the discussions about this with the responsible authorities we are constantly confronted with the question: "Why a Clubhouse only for people with mental issues?" Mostly for budget reasons municipalities want to make combinations with all kinds of "special groups" in their societies. Although we are convinced that CH's need to be open only for people with psychiatric issues to strengthen the community of the Clubhouse, these debates are not easy to win!

Another challenge will be to find a new director to follow up the present director who will leave the De Waterheuvel on the 1<sup>st</sup> of July 2016.

One thing is for sure. After 30 years the city of Amsterdam can still be proud on having a great Clubhouse with lots of opportunities for its members!





## *Warszawski Dom pod Fontanną – Warsaw Fountain House*

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### **WELCOME!**



We are located in the very center of the Warsaw City. Currently our Clubhouse unites 380 members, employs 5 staff members and is helped by 2 volunteers.

We are a place co-managed by its members - people living with the effects of mental illness. We operate in frame of our “work-ordered day” during the customary hours of work in our country – that is 8 hours per day

from 8 a.m. to 4 p.m. Members, as they are running the Clubhouse jointly with the staff, take responsibility for its activities. Special relations are established while working together: everybody has an opportunity to achieve something important for him/her and the others, and to learn new things from each other. Thanks to this everyone is growing stronger in deciding about particular aspects of his or her life.

Like most Clubhouses, we also devote some additional time (Tuesday evenings, some weekends) to entertainment and leisure – it is separated clearly from the work day.

Our activities cover all tasks necessary for the Clubhouse to function, from cleaning to writing projects and representing the Clubhouse outside. We also collectively run education and employment programs, which are a priority from the point of view of our main goal – gaining independence by Clubhouse members in the social and financial aspect.

Our work is organized into three units: Administration Unit, House Servicing Unit and Employment & Education Unit. Each of them covers different areas of activity which enables us to run the Clubhouse collectively and to acquire experience on many fields.



***Administration Unit*** is responsible for all the issues involving membership, administration, promotion and edition. Is also in charge of the front office and deals with the external contacts in the field of social affairs.

*Afternoon meeting in Admin Unit*

***House Servicing Unit*** is responsible for everyday meal preparation, snack shop attendance, house and garden maintenance, providing information in the field of health and wellness.

*Preparing a meal in House Servicing Unit*



*Daily work in E&E Unit*

***Employment & Education Unit*** runs the Work and Education Club that offers assistance in creating CV's and cover letters, participates in fairs and workshops. This unit also supervises Transitional Employment program. Currently due to the program two positions are available: courier in the Department of the Social and Health Affairs in the Masovian Provincial Office; cleaning attendant at the Vis Maior Foundation for people with vision disability. We are also in the course of starting up a new position: watchman in nearby hospital. Employment and Education Unit is additionally accountable for international cooperation.

We manage the Clubhouse collectively. Once a week a General Meeting takes place, where we talk through proposed subjects and jointly make up decisions. Twice a day the Units hold their inner meetings at 9 pm and 1.30 pm, when people gather around the table right next to the assignment board.

We are very glad that we are not alone in Poland. In 2001 The Fountain House in Poznań was created, also thanks to contribution and help of Anse Leroy. At this moment there are few more running places: Dom-Klub "Pod Fontanną" in Szczecin (founded in 2004), community self-help center "Zielone Centrum" in Poznań (founded in 2005) and with Kielecki Dom pod Fontanną in Kielce (founded in 2005). We are very gladly cooperating with all of them. Lately, in Poland, two new initiatives appeared which we are pleased to support - in Białystok and in Katowice.

### *How it all happened?*

In 1999 some of us – future initiators of Warsaw Fountain House – made friends with Anse Leroy, the then vice-president of Clubhouse International. It was then that we got a copy of Clubhouse Model Standards. During the following years, until her death in 2011, Anse supported many Polish initiatives. For us she was above all a person of enormous knowledge and a believer in the potential of every person, without any prejudice. In 2004, together with Ralph Bilby, the then program director of ICCD, she encouraged us towards membership in Clubhouse International. We picked up the gauntlet: since then our influence and our responsibility for the movement of Clubhouses is steadily growing. It is largely to Anse that we owe the fact that Clubhouse Standards function and bear fruit all over the world.

In 2007, with the help of European funds, we participated in a training at the closest Clubhouse International Training Base – Clubhouse „Mosaic” in London. A member, a staff member and the director of Warsaw Fountain House participated in everyday activities of the Clubhouse for three weeks, meanwhile having long discussions with the hosts. At the same time they had set up a reform plan for our Clubhouse with the help of people from Warszawski Dom pod Fontanną. Finally we made it! We created Action Plan for WDpF, considering all opinions and aspects.



*End of training in “Mosaic” Clubhouse – together with colleagues from Italy and Denmark*

The following years of 2008-2009 we intensively worked on its full implementation. At the same time the training team from “Mosaic” Clubhouse London paid us a visit which was followed by a report indicating: „At the time of the visit the action plan had almost all been achieved and the training team would only recommend that the great progress towards strengthening their clubhouse continue.”

However until 2011 a deadlock continued: no one had the courage to push through the decision of Accreditation. Financial expenses and the additional problems emerging out of necessity to speak English, seemed exorbitant. The breakthrough came in a clear self-realization that for such a decision there will never be a “right time” with guaranteed financial security, available human resources etc. In a general meeting we unanimously decided to fill in the application!

Years 2012-2014 have been branded by our meticulous work translating the Self-Study protocol and conducting endless number of discussions on how to formulate the answers. At that period a whole new outlook and solutions emerged. So once in a while we dropped down the writing and focused on refitting and reorganizing our approach. At the end there was not much left besides translating it all to English and filling in the data to CPQ Questionnaire. And off it went!

In July 2014 one of the most crucial moments in the history of our Clubhouse took place. The till then theoretical value of the accreditation visit was finally clear to us. Annette Callow, a Glasgow

Clubhouse member and Kåre Grüner, a Oslo Clubhouse employee - as Accreditation Team - for three days worked with us side by side in the Units, visited the Transitional Employment placements and asked whole lots of questions. They showed open and constructive attitude towards these particular matters which due to our local conditions might seem incomprehensible. Nevertheless it was plain to everyone that the Standards might never be compromised when acting as a Clubhouse, wherever it might be. We were confirmed in believing that our movement was based not only on valuable work ethic but also on serious and dignified relations.

At the beginning of September 2014 we got splendid news: we received full Accreditation for the maximum of three years! We also obtained Accreditation Report which focuses on our advantages and strong points but also describes our needs. Thanks to this Report we know what we need to improve. It is a great motivation factor but also it gives us strong arguments in cases where fulfilling all the necessary measures depends on external circumstances.

### *Clubhouse and dignity*

A year after the Accreditation was granted we prepared a paper alluding to the theme of the World Mental Health Day - „Dignity in mental health”. For the first time we translated to Polish and published in large circulation a text “Clubhouses: Communities Creating Opportunities for People with Mental Illness” by Joel D. Corcoran and information on the Clubhouse International training and accreditation system that we value so much. We boasted about with our accreditation report, especially with this excerpt:

„Members and staff work and socialize well together, and there is a real sense of respect and dignity. The relationships within this Clubhouse are one of its greatest strengths.”

Do you want to know what the Warsaw Fountain House members and staff think about the Clubhouse and dignity?

„It is here that I regained human dignity that I had lost during my mental crisis in the eyes of many, including my relatives. Each day spent here taught me that a person with a mental condition could give something of value to the Clubhouse and its members.

All of this is possible thanks to the Clubhouse Standards. Their observance has a positive effect on the relations between staff and members. Everyone here follows the same rules. Nobody is worse, nor better, nor wiser, nor more fool than anyone else. Everyone controls what is happening in the House. Decisions are made collectively. Everyone's attitude and actions are making it a model

House. I am proud and happy to have taken an active part in everyday life of the Clubhouse for so many years. I know that every member has a talent that may be put into life in our community so that the time spent here be lost not. I am glad to use my cook's training and do-it-yourself talents in everyday life of the Club.”

*Krzysztof Sokołowski*

„It would be difficult for me to ask or answer the question “Who are mentally ill persons?” or „Please describe mentally ill persons”. We can of course discuss the results of studies on a particular population, under particular conditions, methods and time. It does not seem possible, however, to study the sense of identity or selected personality traits of mentally ill persons all over the world in the same time using the same method. Therefore the only true common characteristic of persons considered mentally ill is that they are regarded as mentally ill – if we explain the meaning of it in a particular culture or system.

Any other attempt to answer such questions will be a generalization, and a particularly harmful one as it applies to people – affects their dignity. The dignity of all and everyone, the generalizing and the generalized.

Last time I heard the question „Who are mentally ill persons?” on a radio broadcast with a sincere anti-stigmatizing intent. (A few persons tried to answer it by fighting a negative stereotype, which was impossible otherwise than by replacing it by another stereotype.) First time I was asked to „characterize mentally ill persons” while defending my master’s thesis. (I explained why that questions was phrased wrong and I refrained from answering it.)

*Kasia Boguszezewska*

“There are mentally ill people in Poland like everywhere else, but they are people above all. Everyone has the right to freedom and to enjoying it legally in a free country. However the first thing that comes to mind concerning mentally ill persons is often: „different”. It results in many harmful stereotypes that condemn us to life, or rather half-life in the society, including damaging our dignity by intruding into our personal matters.

Some of us are trying to change it. Our Warsaw Fountain House is one endeavor to help us with it. There is no unnecessary hierarchy. Members co-operate in everyday life of the Clubhouse as partners, not as staff-dependent persons. The Clubhouse works together with some institutions that offer employment to the members, which for us may be the first step to getting a job and financial independence.”

*Grzegorz Sikora*

“With spontaneous conversations as well as in a more structured way (by means of the short questionnaires with questions about current work status) we can learn where the Warsaw inhabitants experiencing mental health

problems work. So what do we learn this way? Many of them do not work or have never worked. More than half of those who work are hired in sheltered employment programs or on open labor market positions that very existence depends on money from the state. The work people do does not match neither their competence nor education. In many circumstances the main criteria in the work as a candidate must fulfill is having a certificate of disability.

The answer to the lack of equality of availability of work of a market value with total costs covered by the employer is the Clubhouses run Transitional Employment program. From my experience its big advantage is that the employee has a chance of being a real working team member. I learned from conversations with the Clubhouse members that are workers in the Transitional Employment program that they appreciate those employers, whose first priority is having particular tasks executed and having an employee experiencing mental problems is secondary issue.

Everybody wants work, people say. Well, yes, but not just any work. What matters is the dignity in work. The work that is worthy of our will, competence, education, motivation for solving problems and development, being loyal for the employer, spending once time and above all – matching with the adopted role of the employee.”

*Marta Wybranowska*

“Since a dozen or so years I have recurring depression and social anxiety. It strongly affects my self-esteem. For a long time my illness was destroying my feeling of my own worthiness and dignity, actually I almost stopped believing I can do something useful and I’m worth anything. Three years ago – in fact nearly four – during therapy at day ward I’ve heard about Warsaw Fountain Hous. I needed a place that will allow me to keep



proper day structure, so straight from hospital I went to WFH to see what they do there and how. Since first day I liked Clubhouse, and several months later I've become a member. I've started with involving myself in long-term task which included intensive email correspondence with dozens of Clubhouses from whole world. Since that time I've participated in many WFH promotion activities, conferences, translated materials concerning Clubhouse movement, and was in interview panels during recruitments of

Clubhouse staff. I also co-created and delivered presentations in English at Clubhouse International Seminar, what I think is my biggest success.

**The most important factor in regaining my feeling of dignity was an attitude that stems from the very Clubhouse model. This attitude relies on approach that illness doesn't blight your strengths, but only makes seeing and using them more difficult for you."**

*Marek Brus*

## *Arcadia Clubhouse Seville: A Mutual Aid Community*

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Since 2007 we have been promoting the Clubhouse Model in Spain at diverse Mental Health events all around the territory and translating Clubhouse literature into Spanish. In October 2014 we manage to organize a presentation of the model in Seville with participation of Joel Corcoran from Clubhouse International and Esko Hanninen from Clubhouse Europe. Although it seems there is an atmosphere of change within the Spanish Mental Health Services and NGO's and that there is a big interest in Clubhouse Model, the few Clubhouse Projects in Spain couldn't manage to get official support till the present. In May 2015, regardless of external support, in Seville a group of service users decided to set up a non-for-profit association and develop legal articles of association according to the Clubhouse Standards and the Clubhouse activity, that we hope might be also useful for other clubhouse start-ups.

As we were running a Hearing Voices Group at the Premises of 'Fundacion Nadir' in Seville for



several months, we reached an agreement with the foundation and started to meet daily in a space just for the Clubhouse Project. We set up also a reception space in the hall run by our members.

In October 2015 we manage to have recognized the Clubhouse as an organization in the Association's Register. During these months we have been quite busy working on building a strong board of trustees,



negotiating new premises and building up the Clubhouse units.

At the moment we have two units working that are Admin & Business and Employment & Education. As we have only one big room available, apart of the reception that is working every day, we have a different agenda every day. Currently, the Education and Employment unit is active on Mondays, Tuesdays and Fridays; on those days we do goal planning, employment and education support and our first social enterprise 'YellowHouse' (an Art, design and Crafts company) holds its meetings. Wednesday and Thursdays are the admin days and we also work on IT and communication as we have different websites and Facebook pages and printed materials about the Clubhouse. We have also running a Hearing Voices Group (which is the only one meeting regularly in Spain without professionals) meeting on Thursdays and a quite successful English Course on Fridays. Within our social program



we've been organizing social meetings regularly, such as going into the countryside or parks, visiting museums and ethical market fairs, and visits to Gibraltar Clubhouse.

As the space we are using is small for us, we have been negotiating with council a new space and it seems we will have it in a couple of months as we reached an agreement with two other NGO's - 'Doctors of the World' and 'Solidarios' - to share a big new space that will be managed by Arcadia Clubhouse through an information hub a bit in the line of the one at Mosaic Clubhouse in London.

We are 60 members and we have a daily attendance of 12 people opening from 10 am to 14:40 pm.

At the moment we don't have employed staff and this is a handicap in order to give continuity to the project but we hope that during 2016 we will be able to hire a couple of staff members as we will have access to funding.

We do our best to support other Clubhouse projects in Spain and to tour around the country attending different events promoting Clubhouse model and giving talks, which are quite successful. We believe that the best way of understanding the clubhouse model will be for people to be able to visit a strong Clubhouse working in Spain and it is what we are trying to achieve with our new place.

Hopefully we'll go for training and certification soon. Real changes in Mental Health Services take long and the clubhouse model is still seen as a foreign model in Spain, but we hope that our example in Seville will be an inspiration for other Clubhouse start-ups to become certified Clubhouse in a near future in Spain.

## *Clubhouse People*

### *Pictures by Dorith Nussbichler*

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These are pictures by **Dorith Nussbichler**, a constant member of our clubhouse „pro people“ in Linz, Austria.

At present, pictures by her are exhibited at „Kunst und Kultur“. That is another division of our carrier organization “pro mente”, offering the opportunity to paint, make pottery, perform on stage and create photos and movies.







## *A Night at Smétana Hall*

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*By Bengt A Lidén, Malmö Fountain House, Sweden*

One April week in the beginning of our new millennium, I was in Prague. The centre of Europe and a blessed place to be - especially in the spring.

I was hosted at Hotel Corvina. A very suitable establishment, not too far from the central station. In the hotel reception a shelf on the wall contained a rich variety of small cards, invites to different activities going on in Prague and its surrounding areas.

During one of the following days, I decided to visit Smétana Hall. A house full of rich culture, where a concert was to take place. The ticket office opened just after lunch. I bought a ticket. The concert was to begin at seven in the evening. I made a reservation for one person in a fashionable restaurant on the first floor for half past five.

Later in the afternoon I did the hygiene and clothing preparations at my hotel. Dark suit, white shirt, tie, brown cardigan and black shoes. And to go, a coat and a black Stetson hat. The cab arrived in due time. I gave directions and in two minutes we were at Smétana Hall.

After having a tasteful Caesar salad with bread and water, in a sober environment with chandeliers, distinguished guests and piano entertainment, I picked up my coat and hat for further happenings.

At the concert hall I had a seat somewhere in the middle. I sat alone and could hear people in the audience speaking in different tongues: German, American, English and, I assume, Czech.

I felt that I should say something too, so I let half a dozen words slip away. Perhaps I did it a little too loud though, because a lady replied, quite loudly, "Arrest this man!". I thought to myself that arresting people for talking to themselves seemed a little odd.

Well, well, the musicians started tuning up and soon a full orchestra pit, directed by a noble conductor, lead us through the musical evening. Afterwards I left the building in a good mood.

After a long stroll through the area, I got a cab and headed for the hotel.

I strongly recommend a visit to Smétana Hall.

## Anger

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*By Matti (picture by Agneta),  
Malmö Fountain House, Sweden*

Lately I have done some thinking on the subject of anger. I have been troubled by anger. My messy childhood is lurking in there somewhere.

I've been so disappointed and angry at authorities and my foster home. I was so mad that I couldn't handle my rage, probably because noone would listen to what I had to say. Like when I tried to tell the authorities that my foster home was no good for me.

The anger got worse and worse. When I was around ten, it morphed in to self-harm. I'd scratch sores in my own face, I was in a real bad way. But I never really grasped that the only one who really got hurt was me. Not being heard made me turn to drugs at an early age and I became a violent teenager. When I couldn't talk about it, the anger just grew and got me more and more mad.





I have grown up now, and along with that my anger has cooled down a bit. I have taken charge over my feelings. I can handle them, although it's no easy task. Thing is, certain insights have come to me since my son was also placed in a foster home.

These insights made me ask for help from psychologists and therapists. With their support I have found some faith in myself. They never judged me unheard, so I felt safe to open up and try to process my rage.

I no longer act on emotions alone, since emotions come and go. Perhaps in the end I can't get rid of all my anger, but at least I can now moderate it to a certain extent.



I think our politicians should look to educate themselves more on mental illness and social exclusion. Because anger and exclusion connect. Socially excluded people need a lot of help, since they can't do all that much about their situation themselves. If the authorities had listened to me, a lot of the anger in my life could have been dampened earlier.

I really hope our politicians start taking this seriously. A bit of understanding would help, and it would change a lot for those of us in need of support.



# Clubhouse Europe

Changing the World of Mental Health

[www.Clubhouse-Europe.org](http://www.Clubhouse-Europe.org)